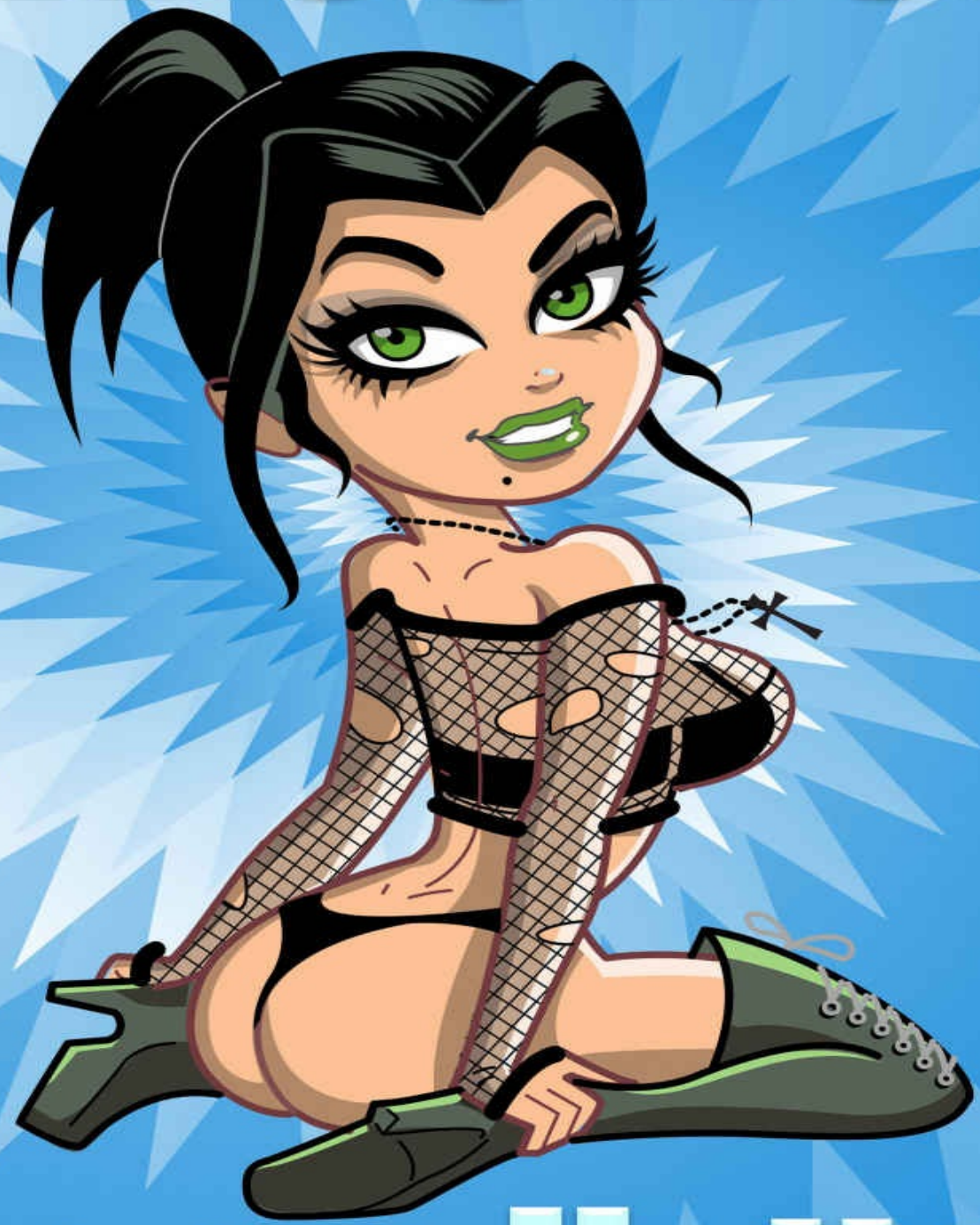
HYPNOTIC SEDUCTION



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mindpersuasion.com

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Introduction

Why Hypnotic Patterns?

Imagine you wanted to build a birdhouse. But all you know about birdhouse carpentry was that you had to use nails, wood, maybe some paint, and there should be some kind of enclosed structure with a door. Further, when you tried to build this contraption, you did it with a blindfold. You had to feel your way around, cutting and nailing haphazardly. Would you produce birdhouse, or would you produce a trip to the emergency room, with you explaining to the horrified doctor why you thought it was a good idea to start sawing things in half while blindfolded?

OK, goofy metaphor. How about this one. Let's say you wanted to go to an amusement park. And you had a good idea that amusement parks are near big parking lots, so you figured if you just checked out all the large parking lots in your neighborhood, you'd find it eventually. And supposing you picked up your buddies and explained your plans? Would they agree it was a good plan, and relax and wait for you to eventually find the amusement park? Or would they get out of the car, call an Uber and leave you behind?

OK, that didn't make any sense. Let's try another metaphor. Let's say you watched this really cool cooking video on YouTube. It was about thirty minutes long, (and you got kind of bored halfway through) but at the end, the guy ended up with a really delicious looking chocolate cake. So there you are, a couple days later, in your kitchen. You think there were some eggs in there, and maybe some flour, and the chocolate came from somewhere. You've got half a cartoon of chocolate milk so you figure that'll do. You throw in some other stuff just in case (better safe than sorry, right?) and mix it all up and stick it in the oven. Or maybe it was supposed to be in a frying pan. Anyhow, you check it an hour later and it's a burnt, smelly mess.

OK, OK, that didn't make any sense either. Or did it? This is about the extent of what guys do who try and create romantic or sexual desire in females. The bumble around haphazardly, and hope that the end product is a girl who wants to get busy. And they nearly always fail.

Three Types of Seduction

We can take three separate categories of guys and their attempts to get girls interested in them. (We won't count the strategy of sitting on the sidelines and waiting for it to happen magically). Then we'll find they are all trying to do the same thing, only with different levels of success.

Regular Dating

This is when guys do anything they can to spend time alone with the object of their desire. This is really not much better than the "sitting on the sidelines and hoping strategy." In that the guy is leaving much of the process up to random chance. He acts a little bit "nicer" than usual. He tries to be a bit more "friendlier" than usual. The idea being that simply by spending a few hours here and there together, the girl will start to "like him," although how and why that happens isn't understood. An equivalent metaphor would be a tribe of ancient cavemen piling up a bunch of dry leaves and hoping for lightning to strike in hopes of getting a fire started. This is better than not doing **anything** , but it's still pretty hit and miss. Sure, they could a put up a big tall pole in the middle of their pile of leaves, and keep the leaves dry if it starts to rain (which would increase their chances) but ultimately, they'd be at the mercy of the gods.

Naturals

These are guys that are naturally attractive to a large number of women. They don't have to do anything. The way they talk and act naturally is enough for most women to become attracted. Lucky for these guys, this creates a very wonderful self-sustaining loop of seductive success. The more girls they find looking at them with eyes of lust, the more they build their belief that "all girls dig me." The more they have their belief, the more girls will fall for them quickly. This also creates massive amounts of social proof. The natural walks into a place, and not only are all the girls checking him out, but they also notice each other checking him out, which creates **intense** subconscious competition. This triggers the Cialdini Law of Social Proof *and* Scarcity at the same time (one guy, many girls) and this guy doesn't even have to lift a finger. Make some flirty eye contact, say, "Hey," and he's in like Flynn. Since you're reading this now, I'm guessing this ain't you.

The Future You

Then there's you. Or the future you. Somebody who will soon understand that no matter **how** a girl falls for a guy, it always follows the same structural process. She goes through the same series of emotions. The same feelings which lead to a conscious understanding of "I want this guy." Because you will soon understand this, you will have the best of both worlds. While Naturals **are** rarely ever worried about "getting some," they also are always unsure of exactly what it is they are doing. They're naturals, which means they've never really thought about *how* they do what they do. For most girls, this is OK. Naturals show up, pick from the hottest girls in the place, and away they go. But if he happens to come across a girl who's *not* moved by his natural seductive powers, what then? Since he doesn't really know *how* he works his magic, when his magic *doesn't* work, he's no better off than those guys on the sidelines waiting around for magic. But when you understand that deep romantic and sexual desires are a result of certain emotions a woman *must feel* before feeling what she describes as "love" or "love at first sight," and you understand *how* to create them, you'll never worry again.

Sound good?

Rules

Before we get started, we'll need to know what to **never** do. And when I say never, I mean **never ever do** . It is a common mistake, and the reasons for it are beyond the scope of this guide. It will help if we understand how both men and women are wired, and what "attraction" really means.

Hunger

What is hunger? It is a feeling that spurs us to action. To eat something. Anything? No, not anything. It compels us to eat certain foods. Because Mother Nature knows that we humans are as dumb as rocks, and if we had to actually remember to eat we'd starve, she gave this never-ending feeling in our guts that force us to eat if we wait long enough. This feeling which *drives* our behavior to satisfy that craving is an instinct. Something it always there. A raw feeling. We satisfy it, of course, by eating. In the caveman days, we ate anything that we could. But nowadays, we have a lot of choice. We may be hungry, but we can afford to shop around. Buy or cook what we want. Unless we are really starving, we tend to be pretty picky. Imagine you were hungry, and you're at your local food court. Chances are there would be some things you liked, and some things you didn't like, right? When given lots of choices, we are very picky about how we satisfy our hunger. Let's say for the sake of argument, that you're looking at the cheeseburger shop. You've just decided to buy the Triple Heart Attack express, which comes with eighteen slices of cheese and half a pound of bacon. Then you hear a voice to your right.

"Wait! We really want your business! We've been watching you for the last few minutes, it would make is *so* happy if you bought something from us! Please?"

And further imagine that person got down on their knees to beg. You were curious, so you looked up at their shop. BroccoliOn-A-Stick. And let's suppose that person was really, really, desperate. They said they'd do anything if you bought some broccoli from them. Now maybe, if they were really screaming and even threatening to go up to the roof and jump off, you'd buy some broccoli. Not because you wanted some, but only to get them to shut up. Think about this question. Think deeply. Is there anything that person could do or say that would make you *want* broccoli *more* than the cheeseburger? Probably not.

How Attraction Works

No doubt you've heard the famous line, "Attraction isn't a choice." Which is absolutely true. This is true of **all** of our human instincts. We can't choose to be or not be hungry. We can't choose to not be scared out our mind if we woke up next to an angry rattlesnake. We can't choose to not be thirsty if we find ourselves lost in the middle of the Sahara Desert. We can't choose to not feel wonderful relief once we finally find a quiet tree to take a leak against. Understanding the concepts in this guide will be a lot easier if you see attraction, meaning sexual and romantic desire, just like any other instinct. You can't talk yourself into it, you can't talk yourself out of it.

How Guys Become Attracted

It's been said that guys are visual creatures. This kind of misses the point. We're not any more visual than females. In fact, in some areas, we are LESS visual than females. It's just that what makes us attracted (or not attracted) to a female is done *primarily through* our visual senses. Meaning what makes guys attracted to a girl is how she looks, plain and simple. Sure, other things can augment that, but ninety percent of that initial desire comes from her physical appearance. Why is this? Because her physical appearance is all our ancient brethren needed to know to see if she was capable of having healthy kids, or not. That which drives male attraction are the same things that gave our ancient cave ancestors the most chance of having kids that lived long enough to have kids of their own. It's got nothing to do with social conditioning. She has to be relatively slim, and her breasts have to relatively firm, and the more symmetry she has, the better. Several pages could be filled with examples, but suffice it to say that all a guy needs to become physically attractive is a female that **appears** to be physically attractive. And when it happens, a guy doesn't have a choice. If she's not hot, there's nothing she can say that will make him think she is.

How Girls Become Attracted

Girls are different. They become attracted through personality. Conversation skills. Social skills. Why? Because while a woman has to be young and healthy (sorry ladies, that's about all that was important to our caveman ancestors) a man has to be socially capable. He's the one that's got to bring home the bacon every day for the next decade while the kids are growing up. If she messed up and

chooses the wrong guy, she's in for some serious problems, at least from a caveman perspective.

She Must Decide

The girl must feel the attraction building from the inside out. She's got to feel it for a while. Sure, nowadays plenty of girls sleep with guys they aren't really "attracted to," since it is socially acceptable. But to actually crave a guy, to think about him when he's not around, to want to be with him any chance she has, she has to feel that attraction welling up within. And it has to feel like it's her choice. This brings us to the most important, unbreakable rule in this guide. One that if you do break, will destroy all your forward progress and force you to start over again on level one with another girl. What rule is that?

Never Talk About Seduction

As much as girls **love** the feeling of being in love, they are hypersensitive to any idea that some guy is going to "trick her." Any feeling on her part that you are trying to talk your way into her pants (which you absolutely are, make no mistake about it) will ruin everything. There are only two ways to go about seducing her. Be a straightforward, confident player. Or put the patterns so deeply into your communication that she'll have no idea why she's falling so hard for you so fast.

Confusing Variables

Human communication is very complicated. There are plenty of things going on consciously and unconsciously. To try and keep track of all of them, even some of the time, is impossible. For our purposes, let's imagine a guy who has a decent track record with females. He's been with a lot of girls. Not quite a natural, but higher than average. He picks up a book on Seduction Patterns and plays around with them. Some of them are pretty blatant, and it's clear they are metaphors for sex. But when he uses them, he's playful and confident. They work, and the guy attributes it to the patterns. But was it really the patterns? Or his confident and playful delivery of the patterns? If you take a pattern that is pretty sexual, but you deliver it with even a hint of nervousness, it's going to come across very creepy. Some patterns are blatantly sexual, and will only work with guys that are absolutely comfortable talking about blatantly sexual things.

Better Safe Than Sorry

Even if you do have your fair share of success, and your fairly confident in using some pretty blatant patterns that any girl with half a brain will know are metaphors for sex, it's better to steer clear. One reason is that she'll have a clear understanding that *you* talked your way into *her* pants. Meaning the next day she might not feel so hot. Two is that if you are having an "off night" for one reason or another, you'll go from mad success to failing creep in no time. Blatantly sexual patterns only work if you are 100% confident and congruent. If you are only 90% on either, you'll go from winner to loser very quickly.

Deep Patterns

The patterns you will be learning in this guide are not sexual. At least not on the surface. They are designed to be used so if she does catch a whiff of sexual innuendo coming from them, she **won't** think it's coming from you. You will have very plausible and believable excuse, one she'll believe. So let's review the most important rule.

Never Talk About Seduction

The surface structure reason for you talking to her can never have anything to do with sex. If she ever stops you in the middle of a conversation and asks, "What are we talking about?" The answer can never be sex, which means you must *always* have another answer ready. And if you use these patterns you will. Meaning if she ever thinks you are talking about sex, you'll show her it was her mistake to think that. Seriously. And she'll believe it. But that requires you stick to the number one rule. Never ever talk about sex or seduction or anything related. The idea is to build up the desire so deeply within her that she is as obvious as she can be with her desire for you. She will be the one apologizing to you the next morning when she wakes up and feels a little guilty for coming on too strong. However, this will only happen if you promise yourself, here and now, to **never** talk about sex or seduction. Leave it up to her to come that conclusion, on her own. If you use the patterns in this book correctly, she will.

Course Structure

This guide will be short on theory and long on tools. The bulk will be patterns you can use, word for word. They will have within them not just the words, but the pauses, the gestures, and the tonality to give them the best effect. In order to do that, you'll need to understand what these terms mean. So before you get to the patterns themselves, we'll have to go through a crash course in Ericksonian Hypnosis. When you first read these patterns, see them as script to be read by an actor. Take some time to memorize them. There will be some tips on doing that, so it will be a lot easier than it may seem. The patterns themselves will take two or three minutes to get through. You'll also learn a few tips on how to "test" for her attraction. Since this isn't a full blown guide on what to do, when to do it, and how to do it, you'll have to "wing it" once sufficient attraction has been generated. You can think of going through this book on two different levels.

Level One

This is when you take the time to memorize the words, and understand the delivery technique. There will be plenty of patterns in here so that once you've found three or four that are your "favorites" you'll be able to use them on any girl you meet, and have her respond similarly. To reach this level of success, you'll need time to understand the patterns and how to deliver them. How long that takes is up to you. But with enough focus and practice, you should have several of these seduction scripts memorized within a few weeks or less. Then it's just a matter of getting out and using them. You'll learn some tips on how to do that, but understand this isn't a pick up guide, filled with ideas on approaching and starting conversations. We'll leave that up to you. For being able to create deep desire in most females within a few minutes after talking to them, or at least sufficient interest so she'll want you to keep talking, you should be able to hit the ground running in two weeks or less. After that, it's just a matter of fine tuning your delivery, and dealing with your ever increasing "sales funnel" of women. But what happens if you find a gal you like? One that is going to get tired of hearing the same patterns over and over again?

Level Two

This is when you can see how the patterns themselves are constructed, and you

can begin building your own. This will take you to a whole new level of understanding about human communication. Creating sexual and romantic desire is one thing, but what about creating deep loyalty, or installing increased self-confidence, or even a sense of sexual adventure? Once you have some basic success with some of these patterns, you'll want to start to create your own. Hold off on level two until you've had sufficient success with level one. After you are getting consistently good results, you'll start to naturally want to expand your skills set. That is normal. How long should you spend on level one, before moving on to level two? That is completely up to you. Perhaps you'll never need level two. Perhaps with these level one patterns (where level one is pre-written patterns and level two is self-written by you) you'll never need level two. Perhaps your communication skills only need fine tuning in this one area. All up to you. But give yourself time to read and digest the concepts, and then to read and memorize a few of these patterns.

That being said, let's get started with the nuts and bolts of the patterns, how they work, and how to deliver them.

Why These Structures Work

From now on, we'll stop using the term, "patterns" and start using the word "structures." Patterns imply a short sentence, or perhaps a collection of sentences. From a metaphorical, traditional dating standpoint, using a pattern would be like walking up to a girl on the street and handing her a rose, and hoping that would be enough to convince her to fall in love with you. Sure, it might work sometimes, but it usually will only get you a smile. (Or maybe a punch from her boyfriend.) On the other hand, a structure is much more robust. Drawn out. Sticking with a metaphorical, traditional dating idea, a structure would be more like the full date. The limousine drive from her house to the restaurant, the main course, the desert, and the violins serenading you while you eat. (Don't worry, this is just a metaphor to compare the idea of a language "pattern" to a language "structure." You're not going to be taking any limo's or listening to any violins unless that's your thing). What exactly are these structures? More on that later. Much more on that later. But for now, we'll need to know why you need them. And why when you start to think, "Jeez, I have to remember all this?" you'll remember this chapter and answer your own question: Yes, you really **do** need to remember all this!

Conscious Critic

All humans have a conscious critic. Here's a brief tour through our evolutionary history to understand why. (Pro Tip: If you want a real thorough explanation of why we humans are the way we are when it comes to sex, you can't go wrong with Matt Ridley's, "The Red Queen.") Long time ago, we humans live in tribes of hunter-gathers. Everybody knew everybody. Nobody cheated, and nobody thought about cheating. The idea of lying to somebody, back then, would be the equivalent of walking into a police station today and trying to steal a wallet from a cop. So stupid it doesn't even warrant serious thought. Because in hunter-gatherer tribes, you had to spend your **entire life** with the same group of people. Eating, hunting, sleeping, pooping, and hopefully getting some now and then. So the idea of blatantly lying to anybody, for any reason, didn't even cross anybody's mind. But that all changed once we discovered agriculture, which led to large societies. This led to people seeing people they'd never seen before, and would maybe never see again. This opened up a whole new world for would-be con artists. It was no longer "out of the question" to sell somebody a bag of

potatoes, and then run away before they discovered they were all rotten, or maybe half of them were rocks, or dirt. This led to what Ridley calls an "Arms Race" between liars. First there were people that lied to other people. Then as a counter measure, people developed the ability to spot liars. Then the liars developed a counter measure to that which was to lie to themselves, so the other person wouldn't be able to tell they were lying. The end result is here we are today, and we are super-hyper sensitive to anybody lying to us, especially when it comes to money. Getting blatantly ripped off is one of the biggest fears. It's why car salesman have such a bad rap. Think of the stereotypical snake oils salesman. Where did he sell his stuff from? From inside an established shop? Nope, he sold from the back of his wagon. Why? Because as soon as he sold his stuff, he had to get the heck out of Dodge before the people realized they'd bought useless bottles of colored water.

The Female Conscious Critic

Females are very picky about who they let inside the holiest of holies. (Well, some women still are). This is for good reason. A cave girl gets knocked up, and she's utterly dependent on other people for at least three years. That's how long she'll have to watch junior like a hawk until he can sort of walk around on his own. And in the cave man world, this mean that she only allows herself to be "taken" by some cave guy she **knows** is going to stick around. Of course, modern females have birth control and nobody thinks, "Hmm, I wonder if this guy is going to stick around for three years if I go back to his place." But that ancient fear is still there. Women are hard wired (even though most have been able to overcome it with social conditioning) to be feel very cautious about who they have sex with. This only comes across to them as a vague feeling, something they might describe as "creepy" or "weird." The opposite feeling, on the other hand is one of comfort, openness, trust, *etc.* Remember she won't describe these feelings to herself in words, she'll just feel it with some guys, and not feel it with other guys. And the thing that will most certainly make her **not** feel it with any guy (or you) is any suspicion, conscious or unconscious, that you are trying to talk your way into her pants using hypnotic trickery.

Always Her Idea

That's why you've got use these patterns the way they are described, and learn how to subtly test to see if she's attracted. The entire time, from when the conversation starts until you both wake up the next morning, she must feel and

believe that it was **her** idea. She must believe that she convinced you, or persuaded you, or even manipulated you, into having sex with her. If she suspects at all that you somehow tricked her, she'll want you in prison, and you might very well end up there.

Mind Bending Question

OK, now for the million dollar question. Suppose you do use these patterns, and they work beautifully. She believes one hundred percent that getting physical was her idea. Even so much that she apologizes to you the next morning. Now, in that situation, who's idea was it *really* ? Let's say you've got a group of kids sitting around an empty table. And you put a big bowl of ice cream with a bunch of spoons in front of them. Of course, they eat the ice cream. But whose idea was it to eat the ice cream? There's no way you could argue that you made the kids eat the ice cream, or you tricked the kids into eating the ice cream. The kids will believe in their heart of hearts that they saw the ice cream, they wanted to eat the ice cream, and they chose to eat the ice cream. What did you do, as the adult to facilitate this? You merely knew the mind of kids, and set up the situation where you knew what they would choose. Do your best to see this process you are learning here as the same. You are learning a communication structure that you'll set up to let her choose what you have a good idea that she will choose. Which is a romantic and physical relationship with you. Is it manipulation? Not anymore that putting ice cream in front of kids, **knowing** that they will eat it is manipulation.

She Must Choose

We'll hammer this point one last time before we get into the nuts and bolts of these patterns. You must use these structures in a way that she'll interpret them and act on them wholly of her own free will. And you must never, ever, let her think otherwise. That would be like telling kids that you *made* them eat ice cream! And that is not very nice!

Content vs. Structure

The first thing to understand is that structures moves people more than content. A well told story about a hillbilly boy and his hound dog will create more tears than a horribly told story that is a more traditional romance-tragedy. Joseph Campbell studied mythology since the dawn of history and found all mythological stories have more or less the same structure. A normal guy becomes a hero and ends up killing some super human or magical beast. Even Hollywood blockbusters tell the same "story" over and over. Why? It's not the characters, it's not the plot, it's the structure that moves us.

Rubber and the Road

So when talking to girls, what structures are best? Structures that move her emotions are much better than structures that don't. What kind of emotions? What kind of emotions are in the typical romance novel? A girl meets a guy she's not his type, he's a bad boy, a rebel, something about him is forbidden. She is moved by her emotions to overcome social mores to get together with him. What's the deep meaning? The romantic heroine is moved by her emotions, even in doing things that she doesn't normally do, or things she isn't supposed to do. This is the reason why every time Disney makes another version of Beauty and the Beast, it makes a kajillion dollars. The heroine is following her heart, not what society tells she should do. What are the emotions in that kind of story? Forbidden attraction. Wanting something and being told you can't have it. Wanting it enough to go for it and not care about the consequences. Attraction that must be kept secret. Hidden. Away from the prying eyes of a moral society. Adventure, risk taking, fear of losing, the ups and downs of every soap opera that has ever been on TV. Finally getting close to getting the guy only to have society throw up a roadblock. Then the two future lovers have to figure out a way around the road block. Emotional uncertainty. Never feeling quite certain that the object of desire is within reach. Sometimes it is, sometimes it isn't. Why does the "cocky funny" routine work so well? Because it mimics the bad boy of the romantic stories. Why does push-pull work so well? Because it mimics the "I have it, wait, no I don't" feeling of romantic love stories. So why not just use cocky-funny, and push pull techniques? Because they are hard to fake. It's hard to be cocky and funny if you're not naturally cocky and funny. It's tough to use a push-pull technique if you haven't been laid in ages. Unless you have a deep

feeling of sexual abundance, using any kind of push pull is difficult. Push pull only works when it is genuine. When sometimes you actually want her, and sometimes you actually don't want her. This is hard to fake. Which means if you're faking, she'll know. But when you use these same ideas within these structures? It will be a lot easier. Why?

Blurred Reality

Because you'll be using a hypnotic technique called "blurred reality." If you are using cocky funny on its own, she'll know it's you that is being cocky funny. But if you are using it within a blurred reality technique, she won't quite be sure. Her "conscious critic" won't be nearly as effective in sniffing out any insincerity. Largely because the character that will be doing all the push-pull and all the cocky-funny will be just that. A character in a story. But it will be delivered in a very careful way so she'll start to wonder if it's you that's being cocky and funny or push-pull (or more accurately causing the deeper emotions that these surface level techniques elicit) or the story, or maybe the character in the story?

Blurred Reality Example

This is the famous "quotes pattern" that everybody knows about. It's cute, but it doesn't elicit emotions. It's more of a testing technique than a seduction technique. Only few people use it that way. Instead, they use it more as some kind of gimmick. Anyhow, here's how it works. Say you're sitting at the bar, next to some girl you've just met. You look at all the people and see your buddy. Then you lean over to the girl you've just started talking to and say: "See that guy? He's really crazy. He'll walk right to some girl he doesn't even know and say, you are so gorgeous, I'd love to give you orgasms all night long. What do you think?"

Of course, when you say the "You're gorgeous" part, you look at the girl you're sitting with and say it to her. The reason that this "quotes pattern" is considered a simplified version of a much larger, "blurred reality" structure is part of her thinks you're simply quoting your friend. Another part of her will think you're actually saying it to her. But remember, patterns are one-liners that don't usually work. Now, if you had been talking to her for an hour, and you said it, and she kind of smiled when you did, then that's an indication that she's "good to go." Meaning that if you then asked her to go home with you, she'd say yes. But in this case, the statement itself didn't *cause* those feelings, it was simply a way to

test for those feelings. Meaning that if she kind of pulled back, or her pupils got really tiny really quickly, then it's probably not a good idea to ask her back to your place.

Extended Blurred Reality

But there's a much more eloquent and elegant way to extend these blurred realities much longer than a one line gimmick. Within some of these patterns, you'll be blurring realities all over the place, which means you'll be able to get away with a lot more, all the while having plausible deniability, which also means it will be her idea to start thinking of you in that way.

We'll learn that structure next.

Broken Stories

One of the most important structural element you'll be using is something called "Nested Loops." They work for a number of reasons, and one of them is whoever is listening to you will never be quite sure of what you're talking about. This will cause them to pay much closer attention to what they are saying. Compare this to how most people communicate. They talk, and if the content, the stuff they are talking about, is interesting, people will pay attention. But the more people are listening to the speaker, the more likely somebody who is listening will not find it interesting, or might be desperately trying to come up with something more interesting. Think about this next time you're in a group of people that are having a non-directed (normal) conversation. Very rarely does one person keep talking before something else takes over, and goes off on another tangent. It's as if everybody in the conversation is desperately fighting for the "conversation spotlight." This is because most people talk in linear sequences. They talk about things in small, self-contained, "chunks." Some event or opinion that usually has a beginning, middle, and end. And as soon as the other people in the conversation sense they've passed the "middle" of that "chunk" and are nearing the end, they begin to gear up to take over the conversation, at least for the next few seconds.

Typical Strategy

What most people do to try to "win" more often is to come up with "better" content. Remember, people think that "content" is what drives conversations, but you'll soon see that structure is infinitely more powerful and effective. But since most people are always using the same *structure* , most people believe there is *only* content.

Human Brains Hate Unfinished Business

Here's what usually happens when a group of people are having a normal conversation. Somebody starts talking, and people wait (both out of politeness and out of necessity) until the person who is speaking starts to finish the chunk or loop. Most people speak in single chunks, or single loops. Once a loop is started, people pay attention because we naturally need to see things through to their conclusion, even goofy stories that people tell during regular conversations.

As soon as the end of the story is in sight, people will pull back their attention and start to think of another story they might tell that is related.

Nested Loops Are Never Finished

Nested loops work because they are designed to keep them focused for as long as you want. That's because you shift to another story, or another loop, before the first loop is finished. So long as you keep this structure, they will **never** get that "finished" feeling that tells them to stop paying attention, or to pull back enough to start thinking of what they might say next. They will continue listening to you and they will be *very reluctant* to interrupt you, even if it's to ask what the heck you're talking about. From a subconscious attention standpoint, they will always feel that you are in the beginning stages of a story.

Pay attention to this if you can, to prove this to yourself. Next time you are in a group of people (or even near a group of people) watch them as they take turns talking. As soon as somebody starts a new loop, everybody will be completely focused, if at least until they figure out what the other person is going to say. This may be hard to see at first, but this is only because when most people speak socially, what they are saying is both very common and not very interesting. So long as there isn't an "attention hog" in the conversation, somebody that can't not talk for more than a few seconds, as soon as somebody starts a new story, everybody will start paying attention. Also pay attention to the other listeners' body language. They'll be an obvious shift from "careful listening and 100% focus" to "polite listening while trying to come up with their own story." As soon as they make that subtle and external shift, they've lost interest and are trying to come up with their own story or topic.

Always Shift

So long as you shift BEFORE that inflection point, where you deliver the punchline of the story, or the mystery is solved, or the issue is resolved, it will be very hard for them (or her) to NOT pay close attention.

Why Am I Paying Attention?

This is a very subtle, but **extremely important** point. Even if you don't use any of the later technology and techniques, even if you don't specifically target any emotions, if all you did was start to tell stories, and then start another one right

before the inflection point of the previous story, you will generate a lot of attraction in a lot of women. (So long as your stories aren't about something incredibly boring like that one time you decided to watch paint dry or grass grow). Why? Because of the structure of your communication (loops that are told in a specific way), she will be paying very close attention to you. She will *have to* because of the way our minds are structured. But she will also need a reason to. She will know that she is having a unique experience. It's very rare to meet some guy, have him start talking, and then not be able to turn off your concentration. This simply does not happen. Even more so, when it does happen, it's usually because the content is extraordinary. Like maybe some guy just got back from Africa, with Doctors without Borders, and had to operate on some kid while a lion was stalking them outside the tent. In this case, it would be obvious why they were enthralled by what he was talking about. But since you'll be using regular old stories (so long as they aren't paint-drying stories) she won't know **why** (at least in the beginning) she's so tuned in to whatever you are talking about. So she'll have to come up with a reason. And that reason will be some vague description about your personality, but something that is also very positive. "He's got incredible energy," or "he's got a lot of natural charisma," or "he has an intense amount of focus." None of these things really "mean" anything. You can't measure charisma or personal magnetism with any kind of electronic device. But they are convenient ways to describe somebody we find attractive, especially when the reasons for the attraction are not obvious. But think of what you are doing. You are attracting her. She can't get her mind, her eyes, her body language, off you. The longer you tell this "broken" or "nested" loops, the more she'll remain transfixed, and the more her natural attraction will grow.

As you go through the pre-written patterns, you'll get a feel for how these work. But now you know exactly **why** they work.

Nested Stories

If you simply break your stories apart, you can keep her, or them, in rapt attention as long as you want. This will increase her general attraction of you. But it won't be a sexual attraction, nor will it be a romantic attraction. To generate these, you'll need to do a little bit more work. Or at the very least understand this process, so when you begin to memorize the patterns contained within this guide, you'll know why they are arranged in the way they are.

Open vs. Closed Loops

Broken loops are very similar to cliffhangers in TV shows. If you've ever binged-watched anything on Netflix, now you know why it's so easy. They specifically write each episode just so the last five minutes do one thing, and one thing only. Create as much desire as possible to watch the next episode. Think of it this way. When people "binge watch" they almost always watch the same TV show. People never (or very rarely) binge watch a whole bunch of different movies that have nothing to do with one another. Even thinking about that doesn't make any sense! But binge watching a bunch of TV shows that were specifically written to hook you right in the last five minutes? That's as natural as eating a bag of potato chips. Binge watching a bunch of different movies would be about as likely as opening up ten or twenty different kinds of snack foods and only eating a couple from each one.

Closed Loops Are Forgotten

Plenty of studies have been done on our memory and how we deal with open and closed loops. For example, take a waiter or waitress at a busy restaurant. The tables where the people are still eating and haven't yet settled the bill are open loops. But as soon as they get up and leave, the loop is closed. If you ask any waiter or waitress about any of the information regarding an open loop, he or she will remember everything. Their orders, drinks, any special requests they'd made. But as soon as they pay? Poof! Gone. How can we utilize this? By being very careful on when we start loops, when we break them off, and when we go back and continue to close them, **and** which ones we choose to leave open.

Think of three stories. And let's assume that each story can be told in five scenes,

with scene three being the one that creates the most tension, or the one that requires the most need for resolution. Now, most people would tell the stories in this order: (where 1 is story one, and A through E are each scene from story one).

1A 1B 1C 1D 1E
2A 2B 2C 2D 2E
3A 3B 3C 3D 3E

If you were in a group, or even talking to a single person, it would be very difficult to get through all of these stories in the above sequence without being interrupted. But consider if you told them in this order: 1A 1B 1C
2A 2B 2C
3A 3B 3C 3D 3E
2D 2E
1D 1E

So long as part C sets up a conflict that NEEDED to be resolved (just like at the end of every binge-watchable show), people would be very UNLIKELY to interrupt you, because part of them would still need closure. So until you got to 1E, which closed off ALL the loops, they would be listening with rapt attention. But the middle story (story 3) wouldn't include any broken parts. It would be a self-contained loop. And since it won't be broken, and it's surrounded by broken parts, they'll pay close attention to story 3, but they won't remember any of it. They'll never need to because it's not broken. AND it's surrounded by broken stories that are taking all of their focus and attention.

What's the Use?

What's the use of a story that they won't remember? This is where you can put all of those powerful hypnotic suggestions. Remember the blurred reality example, where the guy looked at the girl and supposedly quoted his friend, but was really telling the girl that he wanted to take her home for a sex marathon? That won't work (except to test to see if she's already interested) because it's so blatant. But if you "hide it" in the middle section, it will hit her in a completely different way. You can still use the "quotes pattern" so you don't actually have to say it, but you can say it directly to her, and since she's in the middle of paying close attention, what will happen? On one level, you'll be creating general attraction (since she's paying such close attention to you) and this general

attraction will combined with whatever hypnotic commands you hide in the middle of the story. This will create the feelings, which she'll keep, but the content (the thing story 3 is actually about) will be completely forgotten. She'll end up with a combination of general desire, and sexual attraction.

The Longer the Better

Just for the sake of argument, let's say you put the middle story, the one that's told straight from beginning to end, in between six or seven other broken stories. Let's say each story, on its own, is two minutes. That gives you a total of about fifteen minutes of speaking time. Time that she'll be totally immersed in whatever you are saying. What about the middle story? That middle story can be filled with direct sexual suggestions, so long as you make sure you are not really saying it to her, rather one character (in some story) is saying it another character. Think about what this will allow you to do. You can talk to a girl you barely know, and say two minute's worth of nearly X-rated sex talk, and she will barely remember it!

It's Not Me

Remember in the beginning, when we went over the most important rule? Let's say your worst fears come true. She stops you smack dab in the middle of that middle story, and says something like this: Her: "Hold up their buddy. Are you trying to trick me into having sex with you?"

You: "What? What do you mean?"

Her: "Didn't you just look at me and say you wanted to give me a five hour orgasm?"

You: "Me? No! Why would you think that? I was telling you about this movie I saw!"

Her: "Oh, I, uh, wow, um OK."

So even if she "catches you" she'll have the combination of being feeling general attraction (she will have been listening for a few minutes up to that point) and then she'll have made the obvious mistake of thinking you were talking to her about sex! She'll want to know why she thought that, and she may decide it's

because she really is sexually attracted to you! Or at the very least, if you are caught, you always have plausible deniability. But if she's been listening long enough to get to the middle part, unless she is purposely looking for secret hypnotists, she'll have no idea what is going on!

Nuts and Bolts

Now we've got the basic structure explained, you'll need to know a few things about your delivery. If you just stand there and spit out the memorized words, it will have a bit of an effect, but it will have quite a lot more if you emphasize certain words, pauses and other things within the speech. All of these will be indicated in scripts, but using them effectively will take practice.

Embedded Commands

These are very powerful, but only if you use them correctly. Luckily, most of that will be taken care of by the scripts themselves. But if you are going to create these on your own, and start using them in your regular language (which you should, as they are very effective) you'll need to know how they work. A command is simply the imperative form of the verb. The present tense form, or dictionary form, or plain form (sit, eat, run, look, etc.) followed by a very short noun phrase. A phrase is simply more than one word. "Tree" is a noun. "Big tree" is a noun phrase. "The big tree" is a noun phrase. "Phone number" is a noun phrase. "Your phone number" is a noun phrase. A command would be "Give me your phone number." The phrasal verb, (give me) followed by the noun phrase (your phone number). Other simple commands are short statements or phrases like, "eat breakfast," or "read the dictionary," or "practice embedded commands." You embed them by putting them within a larger sentence. For example, let's put "eat breakfast" into a larger sentence: "When I was a kid my dad told us a good way to stay healthy was to **eat breakfast** every day, without fail."

When you say the "eat breakfast" part, you pause slightly before the statement, say it with a very slight downward intonation, and then pause slightly, and then keep saying the rest of the sentence as if nothing is different. One of the most common mistakes with embedded commands is thinking you only need one or two. But as you'll see in the scripts themselves, the more you use the better. And they should be set up in a certain order. Meaning if you start off telling a customer, for example, to **buy this product** , they might be a little suspicious. But you first told them to **relax** , and then **sit down** , and **think about the ideal future** , and then maybe **imagine owning this** , and then **consider the options** they'd like and they finally to **make a decision** of whether or not you want them

to **buy this today** .

Spatial Anchors

These are very easy, and very powerful. An anchor is when you take an internal physiological response, and purposely connect to an external trigger which you control. The most famous example is Pavlov and his dogs. He brought them dinner, and the natural process was first they would smell the food, and then they would salivate. But then he started to ring the bell when their dinner was ready, and they would soon begin to salivate at the sound of the bell, even though there wasn't any food. Usually this is taught in NLP seminars as touching somebody when they feel a certain emotion, but that's not necessary. All you need to do is separate your gestures. Gesture to one side (let's say your right side) whenever you mention something "good" and then gesture to your left side whenever you say something "bad." We'll use (R) to indicate a right side gesture and (L) to indicate a left side gesture. There are two phases to these anchors. One is setting them, and one is firing them. You set them by using the right whenever you talk about something that is generally thought to be good, and the left whenever you talk about something bad. Here's a quick example.

Yesterday I was walking down the street and I found a sack of money (R). I opened it up, and inside was a note. The note said that whoever found the money could keep it (R). I was walking to the bank, to make a deposit, but the bank was closed (L). I turned around and saw a guy with a gun (L). I guess he was coming to rob the bank (L) but it was closed. He asked me what was in the bag, and I told him a pastrami sandwich. He said show me (L), and just when I thought I was going to lose the money (L), I heard a police siren (R), and the guy with the gun ran away (R). Just then I heard the lady at the bank open the doors. She said they were open. I deposited the money (R) and they gave me a free toaster (R).

It's a good idea to get into the habit of using your gestures like this all the time. In the scripts, the (R) and (L) will be indicated, but it will be assumed that you've already done some work setting them up before starting off with the scripts.

When you fire them, you fire them whenever you use an embedded command. If you've done enough work to set them before, your commands will be subconsciously associated with good things.

Self-Pointing

You can also use self-pointing (SP) where you briefly gesture in any way toward yourself. You can do this whenever you are saying something that is going to generally thought to be good. For example, every time you mention the money in the above story, you can quickly gesture to yourself. Then whoever is listening will subconsciously associate money (good thing) with you. You can also use SP whenever you are doing any kind of blurred reality. For example, if one character is looking at another character in one of your inner-loop stories and says something like, "come home with me," you can briefly gesture to yourself. This seems like it might be too obvious, but remember, you are acting like the character in your story is acting, not really saying it to the person in front of you! You can also interchange self-pointing with good gestures (SP for R) whenever you use any embedded commands. At the very least, you should get into the habit of gesturing to your left whenever you mention something "bad" and either to your right or to yourself whenever you mention something good.

Pausing

When you start talking, a great way to make sure everybody hangs on your every word is with strategically placed paused. Usually when people speak, they put a pause where a period would be. But recall that the human mind doesn't like open loops. Just put pauses that will create open loops at the sentence level. For example: *Yesterday I went to the (P) store to buy a can of (P) soup. On the way there I saw this guy dressed in a (P) panda suit. He said he was on his way to a (P) party, so I assumed it was a costume party, but he had this (P) surprised look on his face, because he was looking at his (P) phone. He'd just gotten a text telling him the costume party was (P) next week, the party he was going to was a (P) toga party.*

The pauses will be indicated in the scripts, but using them during your regular speaking will also increase the amount of attention you get from others.

Transitioning

One common mistake is to pause slightly when shifting from one story to another. But remember the whole purpose is to make your listeners feel as though they are playing "catch up." Ideally, they'll hear one, maybe two sentences of the new story, and still think you're in the old story. Then they'll hear an element of the new story which will indicate you've made a change, but

they won't remember when, which will automatically increase their attention. It may seem strange at first, but the idea is to just keep talking at the same speed, and the same intonation *etc.* Make sure your external behavior shows no indication that you've switched stories.

Image Streaming

This is going to be your absolute best and most secret weapon when it comes to being able to hold crowds of gorgeous girls spellbound with your amazingly confusing stories that are also causing them to feel irresistible feelings of romantic attraction. What is Imagine Streaming? It is an incredibly easy technique invented by Dr. Win Wenger, one of the leading researchers of human intelligence. The process is simple. Close your eyes, and describe what you see. You need to describe whatever visual images you see as quickly and as specifically as you can. The idea is that mental images are created with one half of your brain, and verbal descriptions are created with the other half. So when you Image Stream, you are using one half of your brain to describe (out loud) what is going on in the other half. This will necessarily create cross-hemispherical connections. The more of these you have the more "whole brained" you'll be. Initial tests suggest that for every hour of Image Streaming, your I.Q. may go up as much as one point. This means that if you Image Stream for ten minutes a day, you'll be increasing your I.Q. as much as one point per week. That's fifty two points per year! However, that's not why you're Image Streaming for the purposes of these guide.

Reason for Image Streaming

When you are telling stories and loops, you are basically describing imaginary things in a way that other people hopefully find intriguing. If you aren't very skilled in describing things, your stories will be less interesting, all else equal. For example, consider this sentence: *When I was a kid I had this dog, who was really cool, I mean was like, just, you know, cool, right?*

Now compare that to this:

When I was a kid, fourth, fifth grade, we had this maroon lab that was incredibly smart. I mean she would come into my bedroom two minutes before my alarm clock went off, but only on school days, she somehow knew it when it was Saturday. She was also sitting by the door waiting for me, with this bored look on her face, always made me feel guilty and even most of the time made me hurry home because I knew she was waiting.

The more you image stream, the more you'll "wake up" your old memories and make them more real. So somebody who hasn't done any image streaming might hear somebody talking about a dog at a party, and want to relate their own experience of their own "cool dog." But they might not be able to come up with anything better than the first example. But somebody like you, who has been Image Streaming, will come up with the second example, right there on the spot. And when you combine the other things, like self-pointing, spatial anchoring, etc., you will become a social event powerhouse!

How to Do It

Close your eyes, and start talking. Make sure you are describing things as specifically as you can. This will seem difficult at first, and you'll need to push yourself. When you start out, it will be difficult to do this for more than a minute. Slowly work your way up until you're comfortably doing ten minutes every day. Then continue doing ten minutes every day, until you're dead. This will help you in ways you won't even expect. This will be one of the most important things you'll ever do in your life. It will help you read people, it will help you both project and interpret body language, and it will help you discuss complicated emotional topics with ease. This will improve your memory, and this will help how you process large, complicated ideas. However, because it is so simple, and it is absolutely free, many people discount its power. It's one of those things that smart people "know about" but never really do. Another common mistake is to start out like gangbusters, and try to do an hour or more per day. This will swiftly burn you out, just like starting off an exercise program too quickly will. Start slow, and increase slowly. Start off with only a minute per day, and only increase when doing a minute is easy. Give yourself a few months, at the very least, before increasing to ten minutes. Once you are ten minutes, just stay there.

Three Main Ingredients

One

The most important thing is that you speak as specifically as you can. "Square, shiny red object, looks like it's made of metal, off to the right," is much better than, "red thing over there."

Two

Speak as quickly as you can. This will be difficult, and you'll need to force yourself, but keep at it.

Three

It's called Image Streaming because the images will stream on their own. Imagine you're describing something that is completely out of your control. Don't try to force images or hold on to images. Describe the ever changing stream of images, as quickly and specifically as you can.

Conscious Unconscious

What you are doing is describing the boundaries between your conscious and unconscious minds. The more you image stream, the stronger this connection will be. This will make you a much better communicator, as you'll be much more intuitive. Get started today, and Image Stream every day. Do not discount this deceptively simple but insanely powerful practice. Combined with the rest of the simple techniques in this guide, you will soon be a very powerful and irresistibly persuasive communicator.

Bare Bones Structure

This is the structure the stories will be in.

<u>One - Stories In Their Natural Order</u>

Story One - First Story - Intro Story - Jumping off Point

1A

1B

1C

1D

1E

Story Two - Second Story - First Transition Story

2A

2B

2C

2D

2E

Story Three - Third Story - Contains Elements to Set Up the "Inner Story"

3A

3B

3C

3D

3E

Story Four - Inner - This Has Most of the Commands

4A

4B

4C

4D

4E

Two - Stories In The Order To Tell

1A -
1B -
1C -
2A -
2B -
2C -
3A -
3B -
3C -
4A -
4B -
4C -
4D -
4E -
3D -
3E -
2D -
2E -
1D -

1E -

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

Increasing Desire - One

These will be four stories of five scenes each. They will be listed twice, and then the entire script will be written out. Depending on how well you can remember, you can choose either one to help you. All of the technical details will be listed within the script itself. When telling the story, do so with as much of the appropriate emotion as you possibly can. The more emotions you can show, the more effective the scripts will be.

<u>One - Stories In Their Natural Order</u>

Story One - Looking Forward To Your Birthday As A Kid

1A

When I was a kid I used to love the weeks leading up to my birthday.

1B

My parents would always give me hints of what I was getting.

1C

The morning of my birthday I was so excited. Except this one time I woke up and there was nobody home! It was crazy! I was only ten, I didn't know what to do!

1D

I walked around the house, looked out in front, but everybody's car was still there.

1E

I heard a noise, and looked in the backyard, it was surprise party!

Story Two - A Gift Exchange Part At Work

2A

I used to work in this office, and one year the boss decided to have a gift exchange party.

2B

We all drew names out of a hat, and we had to buy a gift for this person.

2C

I thought it was silly, until we showed up at the restaurant, and I saw all the presents people had purchases, all wrapped up like Christmas.

2D

The person I bought a gift for was this older secretary, and she really liked it.

2E

But the person who bought the gift I got, had a secret crush on me, and she actually spent a lot of effort to make sure she got my name! She bought me a really nice jacket. We ended up dating for a few months.

Story Three - Went Shopping With a Friend To Buy A Gift For His Wife

3A

Had a friend at work who was worried about what to buy his wife.

3B

He wanted to get her something special, but had no clue what.

3C

After work we went to the jewelry counter at an expensive department store.

3D

He ended up buying her a set of diamond earrings.

3E

She really liked them, but got angry that he spent so much.

Story Four - Story About How She Fell In Love

(Note, this story is told to your friend, by the sales clerk, when you bought the gift in story three).

4A

This guy started to talk to me while I worked.

4B

At first I thought he was nice, but I wasn't attracted.

4C

All my friends told me that I was out of his league.

4D

But because her persisted, I started to see him differently.

4E

I saw something nobody else did, and we fell in love.

<u>Two - Stories In The Order To Tell</u>

1A - Enjoyed Birthdays as a kid
1B - Parents always give hints
1C - Birthday woke up, nobody home
2A - One year, had a gift exchange at work

2B - Didn't think it was a big deal
2C - At restaurant, lots of nice gifts
3A - Friend at work needed gift for wife
3B - Didn't know what, was worried
3C - Went to Jewelry counter, met older woman
4A - Younger, guy liked her
4B - Nice guy, but not attractive
4C - Below her league
4D - He didn't give up
4E - She finally fell in love
3D - Bought diamond earrings
3E - Wife loved them
2D - You got a gift from a secret admirer
2E - Nice jacket, you ended up dating
1D - Walked around the house
1E - Surprise party in backyard

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

Oh man, I love birthdays (R)! When I was a kid I loved looking forward to them. At least a couple weeks before, my parents would always be (P) giving me hints. The day of was the most exciting. But one year, I woke up, it was Saturday, super excited (R)! But when I went out of my room, (P) nobody was home (L)! We had this goofy gift exchange one year, I don't even remember if it was Christmas, but my boss thought it would be good for morale or something. We had to draw names out of a hat, and buy something. I didn't think it was a big deal, but when we showed up to the restaurant, everybody bought some really nice stuff (R)! Everybody was really excited, they would look at all the presents and wonder what this was (SP). I had a buddy I used to work with that was (P) panicked (L)! His wife's birthday was coming up, and he had no idea what to (P) buy for her. I mean, no matter what he decided to buy, he didn't know if she

would **like this** (SP). So we went to the most expensive (R) department store, and found the jewelry counter. There was a really attractive (SP) middle aged woman there. My friend told her what he wanted, and she smiled (R) and started telling us about she first fell in love (SP) with her husband. I guess at first he really liked her thought she was really beautiful (SP) and would start to talk to her. But she didn't think she could **like this person** (SP) because while he seemed nice, she didn't think (P) she could **feel the attraction** (SP) that she normally felt. And even her friends told her he wasn't (P) in her same level of attraction. But he kept talking to her, and after a while, she started to really **like this person** (SP). She told us that after a while she would start to **see things** (SP) that nobody else saw. And that would make her **feel things** that made her **feel special** when she thought about this person. And eventually (P) she was able to **fall in love** with this person (SP) and they eventually got married. My friend ended up getting a pair of diamond earrings (R), which she absolutely loved (R), until they got their credit card bill (L)! It was pretty funny. The person who received my gift was an older secretary, and she said this is really nice (SP), but the person who got me? I guess she had (P) a secret crush on me (SP), and bought me this nice jacket. We ended up dating for a while, but it didn't work out. We're still friends though (R), but it's amazing how you can **have feelings for somebody** (SP) without even knowing about them before. After I walked around the house, I finally heard a sound, and everybody was waiting in the back yard (R)! Since it was my tenth birthday, they'd planned a surprise (R). Later on my friends came over, and before the party ended, my dad took me aside and said, "You'd better **appreciate this** (SP), because it won't last for very long, pretty soon you're going to grow up, and you can't have parties anymore." That was probably my favorite (R) birthday party, when I turned ten.

Increasing Desire - Two

These will be four stories of five scenes each. They will be listed twice, and then the entire script will be written out. Depending on how well you can remember, you can choose either one to help you. All of the technical details will be listed within the script itself.

One - Stories In Their Natural Order

Story One - Having Mock Job Interviews in High School

1A

Back in high school, one of your classes you had mock interviews.

1B

At first you were nervous, but then the teacher gave you pretend resumes, and pretend jobs to apply for.

1C

Your first interview was with you as the job seeker, and the hiring person as girl you really liked.

1D

You used the interview to show off your skills, and she was really impressed.

1E

You ended up dating for real after that.

Story Two - Going on Interviews In College for Part Time Jobs

2A

You had to earn money while in college, you never had enough.

2B

You enjoyed going on interviews, because they were always interesting.

2C

One job you were worried about because there were so many applicants. It was for a part time office job, with really high pay.

2D

You got the job because the hiring manager was an older lady who you impressed, and flirted with.

2E

The job ended up being pretty boring, but it paid pretty well.

Story Three - Friend Who Went To A Speed Dating Event

3A

A female friend told you about how she tried speed dating with some of her friends.

3B

They people there were pretty interesting.

3C

One guy in particular was just over the top goofy.

3D

They ended up matching with each other, but your friend was only interested in being friends.

3E

He was always hitting on girls, and eventually found a girl who could put up with him.

Story Four - Crazy Guy At The Speed Dating Event

(This is a description of how the crazy guy at the dating event interacted with your female friend) 4A

At first he was incredibly interested.

4B

Then he acted like he was in a job interview.

4C

He started to list all of his qualifications as the ideal lover.

4D

He had massive confidence and said the most sexually explicit things.

4E

But it was obvious he was just doing it for fun.

<u>Two - Stories In The Order To Tell</u>

1A - Mock interviews in high school
1B - Teacher gave out fake resumes
1C - You were being interviewed by your crush

2A - Going on job interviews in college
2B - Mostly pretty simple
2C - One office job, many applicants
3A - Friend went to speed dating
3B - Lots of interesting people
3C - One guy was crazy
4A - Was really interested
4B - Started selling himself
4C - Applying for the job if ideal lover
4D - Extremely confident, blatantly sexual
4E - But really just having fun
3D - Your friend exchanged numbers
3E - Only friends
2D - Older woman interviewed you
2E - You flirted, got the job
1D - You impressed HS girl
1E - Ended up dating for a few months

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

Back in high school we had (P) this one class, I don't even remember the name, but we were going to have these (P) mock job interviews. I thought it would be pretty cool (R), just make stuff up, but then the teacher started (P) handing out these fake resumes and fake job requirements. We were going to pair off and have like job interview battles (L) or something. But the person who was interviewing me was (P) this girl I had a secret crush on! I went on a lot of job interviews in college, most of them were pretty simple, as they were for pretty simple jobs. But one was surprising, because it was for something I really wanted (R), but there were a whole lot of other people who also wanted this (SP)! I didn't know what I was going to do! So I just sat down and started to **get ready** to want the hiring person to want to **choose me** . I had a friend who went

to this speed dating thing. She went with a couple of other friends, I guess they were trying to **find a boyfriend** (SP) or something, but she said there were some interesting people there. She said one guy was amazing (SP), I mean this guy (SP) was really confident (R). He sat down, and first looked at her, and started to **become really interested** in her. I mean he was acting like he was going to **fall in love** (SP) or something. But after he asked a couple normal sounding questions, he started to act like he was in a job interview or something. He would look at her and say, "I'd like to become your ideal lover (R). Let me list my qualifications," and he would just start saying crazy things like, "I want to make you **feel really special** , and I can't wait for you to **discover magic** between us," and he kept going on and on. My friend said that this person was really amazing (SP), but she, for some reason, didn't **become attracted** (R) to him, but she did think that this person was really interesting, and she wanted to **know this person** a lot more, so she said to him, "I'm not going to promise you anything, but if you **give me your phone number** (R), maybe we can be friends." And they ended up hanging out for a while, and I think later he found somebody to **fall in love** with. When it was my turn to go into the interview, I really impressed her (R). She was about twenty years older than me, but I figured, what the heck right, may as well **flirt with this person** (SP) and see what happens. I ended up getting the job. And it turns out that my crush in high school kind also started to **have feelings for me** (SP). After flirting back and forth, we were both thinking the same thing, that I **like this person** (R), and we ended up dating for a while. Crazy how things work out, right?

Increasing Desire - Three

These will be four stories of five scenes each. They will be listed twice, and then the entire script will be written out. Depending on how well you can remember, you can choose either one to help you. All of the technical details will be listed within the script itself.

One - Stories In Their Natural Order

Story One - Going on A Scavenger Hunt With Friends

1A

Went on a scavenger hunt with friends.

1B

Went door to door, excited to see who would find what first.

1C

One woman answered, really angry.

1D

She thought we were pranking her.

1E

She ended up giving us everything, and we won.

Story Two - Swimming Pool Money Event

2A

When very young, local swimming pool had this cool summer event.

2B

Kid would swim and adults would throw coins into the pool.

2C

It was the first time, and you were nervous, but it was really exciting, diving down to get money off the bottom of the pool.

2D

Some people threw in bills, which floated on the surface

2E

You and your friends ended up getting way more money than you thought.

Story Three - Story from Acting Class

3A

Took an acting class once for fun.

3B

The teacher had you do some crazy exercises.

3C

Once you had to go eavesdrop on people, and then come back and act out what you'd heard.

3D

Your story was the most detailed.

3E

It really helped you to understand other people.

Story Four - Overheard A Couple in Love Talking

4A

They were having an argument inside home depot.

4B

They were buying things for their new home.

4C

They were worried about finances.

4D

They decided to take their time and grow slowly.

4E

It was really intense but you got a lot of good information for class.

<u>Two - Stories In The Order To Tell</u>

1A - Scavenger Hunt
1B - Door to door contest
1C - Lady angry
2A - Event at swimming pool
2B - People throwing money
2C - Scary but really exciting
3A - Acting class
3B - Goofy exercises
3C - Eavesdrop and perform
4A - Couple at Home Depot
4B - Buying things for their new home
4C - Started to argue

4D - But decided to go slow
4E - Great information
3D - Acting class helped communication
3E - See how other people feel
2D - Money on the surface as well
2E - You and your friends got a lot
1D - Lady thought you were pranking her
1E - She ended up helping you get everything

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

When I was a kid we used to have these (P) scavenger hunt contests. Somebody would come up with a list, or we'd get some list we used before, and we had to break into teams, to see who could find the stuff the quickest. We'd go door to door and ask people for things like a wooden clothespin, or a pencil or something. It was fun (R), but this one (P) lady came to the door and as soon as she opened the door, she looked really angry (L)! I thought she was going to (P) call the police (L)! We used to have this event at the local swimming pool sometimes. I remember the first time I went, I was (P) pretty nervous (L) because there were so many people, but when it started it was (P) awesome (R). The adults would throw money (R) into the pool, and we'd have to swim down and get the coins off the bottom. It was really amazing (R), being able to see something and want to **get this** (SP), push yourself down so you can **get this** (SP) before somebody else does. At first I was nervous, but when I found out how easy it was to **enjoy this** (SP), I was really able (P) to **get into this** . One of the exercises we did in this acting class I took was to go and eavesdrop on people. We did all kinds of (P) crazy things to expand how we see and **understand things** . This one particular exercise was to go to a mall or something and listen in on people's conversations. I mean to really **pay attention**

(SP), and try our best to **understand everything** that's going on, because our teacher said there's a lot going on here (SP), and some people don't really **see this** (R). So we found this couple in Home Depot. They were buying stuff for their house, it sounded like they just bought it. We checked and they were (P) married (R), so we stood really close. The guy was worried (L) that they were spending too much money. But the wife said, "Don't worry, just **go slowly** , we have each other. The most important thing is that we **love each other** (R), and we are have decided to **build a life** together (SP). I know there might be difficulties, but so long as we remember to **stay open** to each other, we can get through any problem." I guess the woman was the strong one (R), and she looked at him and said, " **Trust me** , do what I say, and I promise you'll be fine," so they decided to buy a lot less stuff. That was pretty intense, way more intense that I'd thought. But when we got back to class, our skit, or redo of what they did, was the best, because this one had the most emotion (SP). And it was a great way to **understand how people feel** , to really **see the beauty** of this (SP), of relationships, you know? But after I'd grabbed a bunch of dimes and quarters, I noticed a bunch of bills (R) floating on the surface. I was only looking down, but I didn't realize that good stuff (SP) is everywhere. Pretty soon I was able to **grand handfuls of good stuff** , and me and my friends ended up able to get more money (SP) than anybody else. After that lady glared at us, she asked us what we wanted. We told her it was a scavenger hunt, that we were having a contest to see who could **find things** the quickest. She ended up giving us everything, and we won the contest.

Increasing Desire - Four

One - Stories In Their Natural Order

Story One - Went To The Movies With A Friend

1A

Showed up at the movie theater with a couple of friends.

1B

Didn't know what to see, there were 30 screens, nobody could decide.

1C

Finally asked a group of girls for a recommendation.

1D

They were also trying to decide and couldn't.

1E

Everybody ended up going for drinks instead.

Story Two - Moved Into The Dorms - Lots of Parties

2A

Moved into the dorms for college.

2B

Surprised how many parties there were every night.

2C

Met a few good friends within the first couple of weeks.

2D

Eventually everything settled down.

2E

The good students studied, while the party students kept partying.

Story Three - One Guy In College Was A Real Player

3A

One of the friends you met was a real player.

3B

Really friendly, everybody wanted him around.

3C

He made the party more fun just by being there.

3D

But he was also a good student.

3E

Ended up in the top of his class in business.

Story Four - He Was Really Good at Sweet Talking Girls

4A

He was really outgoing and charismatic.

4B

Would always make girls smile.

4C

Because of his playful attitude he could get away with saying crazy things.

4D

One time he seduced a girl in front of everybody.

4E

You thought she would be embarrassed but she loved it.

<u>Two - Stories In The Order To Tell</u>

1A - Movies with friends
1B - Don't know what to see
1C - Asked a group of girls for recommendation
2A - Moved into the dorms
2B - Lots of parties
2C - Met lots of cool people
3A - One guy was a real player
3B - Also really friendly and outgoing
3C - Made parties fun just by being there
4A - He was really good with ladies
4B - Always made them smile
4C - Really blatant
4D - Seduced a girl in front of everybody
4E - She enjoyed it
3D - He was also a good student
3E - Got top in his class in business
2D - Couple weeks things settled down
2E - Good students focused on studying
1D - Nobody could decide
1E - Ending up going for drinks

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

Once a bunch of friends and me went to the movies, we had no idea what we (P) wanted to see. Somebody was supposed to check on the way over, but when we got there, there were (P) tons of people and this really huge (L) line. When we got to the front we still couldn't (L) decide. I mean there were thirty screens. We went to the back and found a (P) group of girls, we figured it would be a good excuse to talk to them (R), ask their recommendation. When I first went to college, I moved into the dorms. I went down with my parents, and after they left I wasn't sure (L) what to expect. But as soon as everybody else's parents left it was like (P) instant party (SP) in every room. Everybody was drinking, and had decided it was time to **have fun** (SP). At first nobody knew anybody, so we started to **make friends** with people. Pretty soon I met some cool people (SP), and one guy in particular, I mean this guy was really charismatic (SP). He was really friendly, really outgoing, and this guy (SP) was really attractive. I mean just the way he talked, girls would look at him and immediately want to **get to know this person** . It didn't take long to find out that most girls liked to **be around this guy** , so naturally I wanted to **follow this person** (SP) so I could learn whatever I could, right? I mean this was the kind of guy that just made everybody (P) **feel really good** when this guy was around. Everybody just wanted to **be with this guy** . Once he playfully told this girl he was going to seduce her, right in front of us. At first I thought he was just kidding, but she kind of (P) dared him. And it wasn't like in the movies where they're totally serious, this guy was just clowning around, but at the same time he was saying these really goofy things right to her. Like he told her that, "I've never met anybody as beautiful as you, and I want to use my ninja skills to make you **fall in love** with me, and once you realize how I can make you **feel really good** , you'll never want to do anything but **be with me** ," and he kept going and going. And it was obvious that everything he was (P) saying made her **feel really good**

, I mean so much she started to **forget everything else** , and she kept looking at this guy, and you could tell she wanted to **be alone with this guy** (SP), and finally they started to kiss, and she seemed to really **enjoy this** (SP), even though everybody was watching. I mean, I had no idea college was so (P) crazy, and people would just **follow your emotions** . Eventually this guy got a degree in business, and he did really well. He was in the top of his class or something. And after a couple weeks went by, people kind of got into a schedule, where they would study during the week, and then **have fun** (R) on the weekends. But after talking to those girls for almost have an hour, nobody could decide, so somebody said, "Why don't we **have drinks together** ," and we went to some nearby bar and had a lot of fun. I guess you never know, so long as you **keep an open mind** , and make sure you **take advantage of opportunities** (SP) when you see them, right?

Increasing Desire - Five

One - Stories In Their Natural Order

Story One - Went to A Buffet With Friends - See Who Could Eat The Most

1A

A lunch party you went to with your friends.

1B

Everybody was planning it for weeks.

1C

Everybody didn't eat the day before, wanted to see who could eat the most.

1D

Everybody ate a lot, and enjoyed themselves.

1E

Nobody ate the next day.

Story Two - Real Estate Guru - Used Selling Tricks

2A

Went to a free seminar to see a famous real estate guru.

2B

The place was packed, over a thousand people.

2C

He came out on stage and held out a hundred dollar bill before saying anything.

2D

Finally one woman ran up and grabbed it, he smiled.

2E

His point was to take advantage of opportunities.

Story Three - Movie About A Self Help Guru

3A

Watched a movie on Lifetime about a killer.

3B

Husband, the guy she killed, was a self-help guru.

3C

He used some interesting techniques at his seminar.

3D

He divorced his wife to get with this really pretty girl.

3E

The pretty girl turned out to be psycho and killed him.

Story Four - Seminar With a Lot of Guided Visualization

4A

Went to a self-development seminar.

4B

Lots of guided visualization.

4C

One was to open the box of your secret passion.

4D

Another was to soul mate communication.

4E

It was really useful, and you met a lot of interesting people after the seminar.

<u>Two - Stories In The Order To Tell</u>

1A - Buffet party with friends
1B - Got excited to eat a lot
1C - Everybody prepped by not eating
2A - Free seminar, famous real estate guy
2B - Got there, place was packed
2C - Came out and held a $100 bill
3A - Watched a movie about self-help guru
3B - True story about his killer GF
3C - Used interesting teaching techniques
4A - Went to a self-help seminar
4B - Did a lot of cool visualizations
4C - One was your secret passion
4D - Another was talking to soul mate
4E - Met a lot of cool people
3D – Self-help guru divorced his wife
3E - Crazy GF murdered him
2D - Lady grabbed the $100
2E - Take advantage of opportunities

1D - Ate a lot, it was awesome
1E - Nobody ate anything the next day

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

We had this one party (R) at work a while ago. I don't remember the reason, but some catering company was coming and it was going to be (P) all you can eat (R). My buddies and I all started bragging about who was going to eat the most. The party was on a Friday, and after the party they were letting us leave early (R), so we could really **get excited** . We prepared by not eating the day before so we could **enjoy this** the most. I went to this really cool (P) real estate seminar a couple years ago. Some famous guru was giving a free (R) one day seminar, I was hoping to **learn secrets** about success or something. Anyway, the place was (P) packed, everybody wanted to **see this** , and this guy comes out, doesn't say anything and just holds out a hundred dollar (R) bill. It was like this movie I saw, about this self-help type guru. It was more about his crazy (L) girlfriend, I think it was a Lifetime movie, but it started showing one of his seminars. He came out and looked at the audience, and started telling people to think about what you really want. **Think about your dreams** . Think about your ideal future, and as you **think about this** , think about what you are doing right now, and how that will **make your dreams come true** (SP). It was kind of like this other seminar I went to, where the instructors, a guy and his wife, led us through all these really cool (R) visualization exercises. One was to **close your eyes** , and imagine (P) you're walking up this big castle. It's the perfect castle, I mean everything is just perfect (R), and you walk inside, and see this box. And inside of this, is your life's purpose (R), and you **walk toward your life's purpose** , and start to **wonder what's inside** (SP). And you slowly **open this up** , and let what's in here really touch you. Another exercise was when we had an imaginary (P) conversation with our ideal soul mate. When you would just **think about this person** , and talk to this person, and really **share what you want** with this

person (SP). It was really amazing. But the best part was after the seminar, in the hotel lobby, people just sitting around and talking, getting to know each other (SP). But the crazy lady (L) started to stalk the self-help guru, and convinced him to leave his wife (L), and start to be with her. She eventually (P) killed him (L), and was arrested. Obviously it was a mistake (L) to leave his wife (L), I mean when you are with somebody, you want to **stay with this person** (SP). This one woman ran up on stage and grabbed (R) the hundred dollar bill, and the famous real estate guru smiled and said, "See? When you **see an opportunity** (SP), you'd better **take advantage of this** ," which was a pretty good way to illustrate the point instead of just teaching it. But that buffet was the best. I mean we took our time, enjoyed everything (R) and really spent a lot of time just enjoying ourselves (R), knowing we were going to go home when it was finished. Later I found out none of us ate anything the day after, man that was delicious! (R)

Increasing Desire - Six

One - Stories In Their Natural Order

Story One - Little Kid In Class Before Summer Vacation

1A

Last day of school before summer.

1B

All the kids excited.

1C

Teacher kept joking about giving out a massive homework assignment.

1D

Everybody started counting down with five minutes left.

1E

Everybody ran out, super excited.

Story Two - Took Home Economics During Another Summer

2A

One time your buddy convinced you to take home-ec during summer school.

2B

You made a lot of cool food.

2C

You kept a detailed recipe book.

2D

Back then you two were the only boys in class.

2E

Now you know the importance of home economics.

Story Three - Loved Comic Books as a Kid. Ordered a Magic Spell Book

3A

When you were a kid you loved comic books.

3B

The best part was all the stuff for sale in the back.

3C

Once you ordered a magic spell book.

3D

You tried it but it didn't quite work.

3E

But you weren't sure, because your mom took it away, thinking it was occult type stuff.

Story Four - TV Show Where Guy Hypnotized Girls To Fall In Love

4A

You saw a TV show about a hypnotist.

4B

He would seduce girls in bars using hypnosis.

4C

One of the girls was later found dead, killed by a serial killer.

4D

The cops came to interview him and he kept hypnotizing them.

4E

But he eventually found the killer, the hypnotized him, keeping him in a trance until the cops showed up.

Two - Stories In The Order To Tell

1A - Last days before summer vacation
1B - All the kids excited
1C - Teacher kept joking about homework
2A - Took home-ec another summer
2B - Got to cook a lot of cool stuff
2C - Only two boys in class
3A - Loved comic books as a kid
3B - Stuff in the back was the best
3C - Ordered a magic spell book
4A - Watched a funny TV show
4B - Guy hypnotized girls in bars
4C - Some girl he was with later killed
4D - Police talked to him
4E - Hypnotist caught killer
3D - Practiced the spells, didn't work

3E - Mom took it, occult
2D - Kept details of recipes
2E - You know how to cook
1D - Everybody started counting down
1E - Sprinted out of class at the end

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

Man, I remember back in elementary school, the days leading up to (P) summer vacation (R) were crazy! One year, it was second or third grade, the last week was completely useless. Nobody studied or did homework (L), the teacher kept joking she was going to give us this (P) monster homework (L) assignment to do over the summer, something she'd negotiated with our next teacher. One summer a few years later me and my friend took this (P) home economics class. My friend talked me into it, said this is really cool (R), but didn't say why. We ended up cooking all this (P) awesome (R) food, I mean it was only liked grilled cheese and stuff but back then this is awesome (SP). I loved (P) comic books when I was a kid, especially the stuff they'd sell in the back. One year I bought this book of magic spells, and I couldn't wait to **get this** (SP) book. I got them and started practicing, and they didn't work. It was like this TV show I watched, where this hypnotist would hypnotize girls to **fall in love** (R). I mean he'd start talking, and then would make girls **feel really good** (R) when they were around. And he'd take them to different places, and use different techniques to make them **feel really attracted** (SP), until they couldn't wait to **make love** (SP), over and over. The way they showed this guy, or wrote him for the TV show, was this really playful playboy (SP), that all the girls loved (SP). Even though he knew that he was with a lot of girls he made them **feel so special** (R), they couldn't stop to **think about this guy** (SP) all the time. The way they would **look at this guy** , and just **feel deep feelings** , it was crazy. But one of the girl was (P) killed (L) by this serial killer, and the cops thought he (L) did it. So they came and talked

to him, but he kept hypnotizing them. Pretty soon he was cleared, but it really bothered him that one of his friends was killed. So he (P) found the killer (R), and hypnotized him, keeping him in a trance until the cops showed up. But the spells I had (P) didn't work (L), or hadn't worked, by the time my mom found out that I was trying to **create magic** (R). She took them, thinking I was going to start to (P) worship Satan (L) or something, but I was just trying to **have fun** (R). But they were pretty cool. We had to write down all the recipes in that home-ec class, so we could **remember this** , so we could **do this later** , back at home or whatever, and my friend and I really learned how to **do things together** (R) at home. Finally the teacher stopped pretending she was going to give us homework, and we started to count down from like five minutes before the end of class. We were all thinking about summer vacation, and we couldn't wait to **get this** (SP), and really **have fun with this** . Finally we ran out, really excited, but like all other summers, it was just went by. But it's really cool to **look forward to good things** (SP), right?

Increasing Desire - Seven

One - Stories In Their Natural Order

Story One - Going Skiing As A Kid - First Time

1A

Joined explorer scouts as a kid.

1B

First time skiing, never been before.

1C

Excited and nervous at the same time.

1D

Scoutmaster's daughter taught how to ski.

1E

End of the day it was really fun.

Story Two - Ordering Pizza as a Kid

2A

When I was a kid, parents not a lot of money.

2B

On special occasions they'd order a pizza.

2C

Always excited on Pizza Night

2D

Pizza was a way parents celebrated.

2E

The family being happy together was the best part.

Story Three - First Dance in Junior High School

3A

Had a dance in junior high school

3B

Girl you liked went, so you went.

3C

The dance was awkward and clumsy, everybody on different sides.

3D

Finally went and asked a few girls.

3E

Danced a few times, but still felt awkward and clumsy.

Story Four - High School Prom

4A

Senior prom was the best.

4B

You and your friends all had girlfriends.

4C

Rented a hotel room, got everything set, everybody really excited.

4D

Great experience.

4E

Great memories.

<u>Two - Stories In The Order To Tell</u>

1A - Explorer Scouts
1B - Skiing for first time
1C - Taught by an older female
2A - Parents poor as a kid
2B - Sometimes bought pizza
2C - Super excited on pizza night
3A - Junior High first dance
3B - Nervous and awkward
3C - Everybody standing on separate sides
4A - Senior prom was awesome
4B - Friends all had girlfriends
4C - Rented a hotel room before
4D - Everybody had a blast
4E - Best experience
3D - Danced with a few girls
3E - Whole experience awkward
2D - Pizza night was always fun
2E - Family being together was best part

1D - Learned quickly
1E - By end of the day, skiing on own, proud of self

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

Man, I love (P, R) skiing! I'll never forget when I (P) learned the first time. I was in explorer scouts, and one of the things we did was go skiing every winter (R) . But when I joined I'd never (L) been skiing before, so the scoutmaster's daughter (P) taught me (R). I was still in elementary school and she was in high school, so it was (P) pretty cool (R). I was nervous (L) but I was really excited to **do this** (SP). I just wanted to (P) **have fun** (R), so I was ready to (P) **do anything** to make it happen (R). My parents would occasionally order pizza, I mean it was rare, but when they did, (P) me and my sisters would always **get really excited** (R). My parents were struggling when I was a kid, so it was rare that they would decide to **do something differently** . And when they did, we all started (P) to **look forward to this** . When I was in Junior High School they had a dance, and my friends were going, and this girl I liked (R) was also going. But when I got there it was (P) super awkward (L). All the guys on one side, all the girls on the other side. I mean, everybody wanted this (SP), but nobody was (P) brave enough to **come and get this** , you know? Senior prom was much different. My buddies and I (P) all had girlfriends (R), so we could all **relax** and **look forward to this** (SP), I mean we set everything up so we knew this is (P) going to be perfect (R). We got a hotel, we rented a limo, we even stocked the hotel with stuff, so when we got there, we knew that all the good stuff (SP) would be waiting. And when I picked up my date, she was (P) gorgeous (R). I mean I just looked her and I was like, you and me are so amazing! (SP) We had an awesome night (R), everything was perfect, and we ended up staying together all night (SP), everybody in this one room, just sharing each other (SP). If I knew before how much this (SP) was going to be an awesome experience, I don't know. But finally I walked across and started to ask a girl to dance, and she looked me, I

guess she decided to **say OK** , and we danced a few times. I was still pretty nervous (L) though, I mean everybody's nervous but even if you're nervous, you still have to **take a chance** (R), right? I think the best part about pizza night was that everybody was together and happy, even if was something as goofy as pizza, we were able to **share each other** (R). After about two hours, I was ready to go off on my own, and by the end of the day I was comfortable going up and down the medium difficulty slopes. Things can really be fun when you just decide to **take a chance** (R) and **see what happens** , right?

Intimacy - One

One - Stories In Their Natural Order

Story One - Favorite Teddy Bear as a Kid

1A

When you were super young, you had a stuffed animal you had to sleep with.

1B

You couldn't ever sleep without it.

1C

You felt like it was a protector or something.

1D

Even though you stopped using it, you kept it.

1E

Your mom didn't want to throw it out, so she kept it.

Story Two - Used to Love Thunder as a Kid

2A

Loved the sound of thunder.

2B

Especially at night, when it was loud.

2C

Your sister hated it, but you loved it, especially with lightning.

2D

When you were older, you'd go outside and wait for lightning.

2E

Even today the sound of thunder makes you feel nostalgic.

Story Three - Parents would Always Lay on their Bed Together and Talk

3A

When you were a kid, your parents would always hang out together after work.

3B

They would lay on their bed and talk about whatever.

3C

When you were a kid you thought all adults did that.

3D

Today you always try to keep open in your relationships

3E

It's helped you a lot.

Story Four - Goofy Love Story Movie You Saw

4A

Really goofy movie you saw recently.

4B

Some loser guy got lucky and was with a girl way above his league.

4C

She ended up getting pregnant and panicked.

4D

The movie was about him finally becoming an adult and taking responsibility.

4E

All in all it was a good movie, happy ending, happy family together.

<u>Two - Stories In The Order To Tell</u>

1A - Had a teddy bear
1B - Needed it to sleep
1C - It protected you from evil
2A - Loved thunder
2B - Always loved it at night
2C - Loved the lightening even more
3A - Parents always hung out
3B - Would talk while lying on the bed
3C - You thought all adults did that
4A - Goofy love story
4B - Loser slacker got lucky
4C - Hooked up with a gorgeous girl
4D - She got pregnant
4E - Happy ending
3D - You assumed all adults are like that
3E - Even today you are open
2D - Went outside to see lighting
2E - Today thunder reminds you
1D - Mom still has stuffed animal

1E - Won't let you throw it out

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

When I was a kid, I had this (P) teddy bear (R), kind of embarrassing to talk about, but I couldn't go to sleep without it. I mean I (P) would **hold this** (SP), want to **keep this close** , I guess my mom said I couldn't sleep (L) without this. I guess I thought this would keep things safe, keep evil away or something. Like when I was sleeping, I always had to **have this close** (SP), just case I needed it. I really loved thunderstorms as a kid. They never really scared me, like (P) my sister would always go **get in bed together** with (P) my parents, but the sound of thunder always (P) made me **feel really safe in bed** . Like I was protected or something. I'd always **curl up under the covers** when I heard it, especially (P) when the lightning came. I had my own little fort of protection, under the magic covers, I knew nothing could hurt me. I was able to (P) just **feel totally safe** (R). My parents would always go **lie on the bed together** when (P) my dad got home from work. I guess they thought the bedroom was the best place to just open up to each other, and **share things** that (P) they needed to talk about. When I was a kid, I just assumed that's how grownups talked. They would just open, talk about (P) things, **feel safe together** , and then (P) go make dinner or whatever. I saw this really funny (R) movie the other night. A lot of famous people were in it but before they (P) were famous. This guy was this slacker type, and he met this girl (R) and the girl just decided to **have fun** (SP), and the slacker guy thought it was the best thing ever (R). But then she got pregnant, and they talked about it, and decided to **stay together** . The rest was a mix of comedy and drama, but it was more about him turning into a responsible adult and (P) being able to **share this experience** with her. In the end they were (P) really happy together, after he finally was able to **discover what is important** . I have to say that as an adult, after having (P) watched my parents communicate openly like that, it really helped me to relate to others. I mean I can really open up, especially when (P)

emotional things happen. Later when I was old enough (P), my dad would let me go outside with an umbrella to (P) watch the actual lighting as it streaked across the sky. I was always able to **get excited** when I saw this (SP), something so (P) rare, so (P) powerful, so (P) cool. My mom still has my stuffed animal, I don't know where it is. Later when I was in elementary school I wanted to get rid of it, but my mom decided to keep this (SP), just to **remember these feelings** I had when I was young. I guess all moms are like that.

Intimacy - Two

One - Stories In Their Natural Order

Story One - Walking To School With Friend in Elementary School

1A

Used to walk a few blocks to school with best friend in second grade.

1B

A couple of bullies started to wait for you.

1C

One day they were waiting and they looked like they wanted to fight.

1D

You faced them and they ran away.

1E

You didn't think you could have done it if your friend wasn't there.

Story Two - Friends Dog and Baby Sister

2A

Your friend had this really big German Shepard

2B

The dog would watch the friends' sister when she tried to walk.

2C

The dog seemed to want to help when she would be balancing.

2D

The little kid would hang on the dogs nose.

2E

The dog would pull back, the kid would fall down and laugh hysterically.

Story Three - Visited Friend in Hospital When Her Kid Was Born

3A

Had a friend you played racquetball with.

3B

One day his wife had their kid unexpectedly, couple weeks early

3C

You showed up to the hospital to see their kid.

3D

First time you ever held a baby

3E

Really changed the way you see people

Story Four - Soul Gazing Experiment (Where your friends met)

4A

The two friends went to a relationship skills workshop

4B

They were paired up for something called soul gazing.

4C

They stare closely into each other's eyes.

4D

The goal is to make themselves feel as open as possible

4E

It was a way to both speak to the soul of your partner, as well as open your own soul to your partner.

<u>Two - Stories In The Order To Tell</u>

1A - Walked to School
1B - Bullies met you
1C - Confronted them
2A - Friend had a German Shepard
2B - Friend had a baby sister
2C - Dog helped baby learn to walk
3A - Racquetball Friend
3B - Wife had a baby
3C - Visited the hospital
4B - Relationships skills seminar
4C - Did lots of exercises
4D - Soul Gazing
4E - Look into each other's soul
3D - First time held a baby
3E - Felt differently
2D - Baby learned to walk
2E - Dog very patient
1D - Defeated the bullies
1E - Couldn't have done it alone

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

When I was a kid me and my friend used to (P) walk to school together. It was only a couple blocks but back then it seemed like forever. But once these two other kids started to (P) follow us, and sometimes sneak up on us. At the time it was pretty scary (L). Once we thought we'd cut through the parking lot of a supermarket but (P) they were there (L) waiting for us. There was no way to escape. His dog was this really big (P) German Shepard, and once when his little sister started to walk, the dog was always very protective (R) of her. It was like she knew she could **feel safe** with him, and the dog seemed to know what was going on. It was like the dog was looking at her and would say things like, "I'm (SP) not going to let you fall. As long as I'm (SP) around, I promise you'll be safe," and she seemed to really **understand this** (R), even though she couldn't talk. She would look up at the dog whenever she got ready to try and **do this** (R), as if she were looking for (P) support (R). And when she saw that this (SP) is safe, she tried to stand. Once I was supposed to meet my friend to (P) play racquetball, but he didn't show up. I called him and found out he was in the hospital (L). I guess his wife was two weeks early. By the time I got there, they'd already had the kid, and she was back in the room with their new (P) little girl (R). They went to this (P) relationship seminar, where they learned all these (P) communication skills. He told me about one thing they did that was pretty intense, called (P) Soul Gazing. They sat close to each other, and got their (P) faces as close together as they could, and tried to **become open** , as much as possible. To really (P) **open up** and **feel each other** . To simultaneous **look inside** , as well as **become totally open** , so they could **communicate on a deep level** . For about twenty minutes they would (P) each take turns, feeling things, and taking the time to **express things** . Deep things, emotions, truths about themselves and each other. They asked me to (P) hold their baby, and at first I was terrified (L). I didn't know what would happen if I chose to **hold this** . But

when I did, I was able to **feel this deep emotion** , like nothing I've ever experienced for. Like I was able to **experience a deep sense of peace** , I mean that was the first time I'd ever held a kid. And after a while she learned how to reach up and (P) hang on the dog's nose, to stand up, **use this** (SP) for support, and the dog did it's best to stand still. But then the dog would eventually pull back, she'd fall down and start laughing hysterically. It was the cutest thing! My friend looked me and said we have to **do this** (SP), so we went and walked right toward those two bullies. When we got close, they ran away, I guess they figured we wouldn't go down easy. But if I was alone, I never would have done it had I not had my friend for support. But the two of us (SP) together? Nobody can stop us!

Intimacy - Three

One - Stories In Their Natural Order

Story One - Acting Class Weird Experience With One Other Female Student

1A

Took an acting class, did lots of goofy exercises.

1B

One was where you stood in a circle and copied each other.

1C

You could either "pass it on" or reflect it.

1D

The girl next to you and you got into a weird loop.

1E

It was really fun and you were both laughing really hard.

Story Two - Backpacking, Only Felt "At Home" At Camp

2A

Went back packing in rugged terrain.

2B

Always felt good when you were in camp.

2C

Only felt at home in camp.

2D

But as soon as you packed everything up, alone and vulnerable again.

2E

Weird how that works.

Story Three - Mama Bear and Her Cub

3A

One night you saw two eyes looking at you.

3B

They were where you buried the leftover food.

3C

Bear cub was stalking your camp.

3D

Later you had to hang everything up.

3E

Bears always follow the hikers.

Story Four - How Mama Bears and Cubs Survive in Wilderness

4A

Mama Bears and cubs stick together.

4B

Mama bears like humans more than papa bears.

4C

Papa bears are dangerous to bear cubs.

4D

Mama bears hide among humans for protection.

4E

Papa bears afraid of humans.

<u>Two - Stories In The Order To Tell</u>

1A - Acting class
1B - Lots of crazy exercises
1C - One shouting match with another girl
2A - Used to do a lot of backpacking
2B - Vulnerable on the trail
2C - At home in camp
3A - One night saw two eyes
3B - Bear cub was digging up food
3C - Bears stalking you
4A - Mama and baby bears in the wild
4B - Don't like papa bear
4C - Stay near humans
4D - Everybody is safe
4E - Weird situation
3D - Had to hang up food
3E - Bears are really smart
2D - As soon as you packed everything up
2E - Easy to switch
1D - Both ended up laughing hysterically

1E - Great class

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

I took this crazy (P) acting class once. Very little was trying to remember lines and putting on skits or whatever. Most of it was doing all of these (P) exercises to **expand the comfort zone** (R). One was where we stood around in this circle, and we had to do whatever to a person on either side of us. And they could either do it back to us (SP), or we could pass it on (R). And me and other girl decided to, I don't know, **hook into each other** (SP). I mean neither of us wanted to let go, so we ended up screaming at each other while everybody else was watching. I used to do a lot of backpacking, and it was always the weirdest thing. While we were out hiking, on the trail, it was obvious we were in like (P) total wilderness. But once we found a suitable place to stop, unpacked all of our stuff, we were able to **feel at home** (R). One night we saw these two (P) eyes looking at us after dark (L). It was pretty scary (L), but it turned out to be this (P) bear cub that had been stalking (L) our camp. I guess mama bears and baby bears **work in teams** (R) to try and get food from humans, it's crazy. The ranger told us all about it before we left. I guess mama bears and baby bears always **stay close together** (SP), I mean they really **depend on each other** . The male adults are pretty dangerous, so the baby has to **feel protected** (R) by the mama. But the mama somehow has learned to **feel protected** by humans. I mean they've learned that when they smell humans, they know this is safe (SP), because male adults are afraid of humans. So the mama bears learn to **stay near us** humans, because this is so safe (SP), and because food is so easy to steal from us humans, they **feel really comfortable** (R). So they've learned to **work well together** (R), in these teams. And we'd forgotten that, and when we buried our food the baby was able to find this (SP), and dig into the ground until she could **find the good stuff** (SP). Later we had to hang out our food, because the bears are really smart (R). But it was really weird how it was so easy (P) to **feel comfortable** after

everything was unpacked, but as soon as we'd packed everything up the next day, it was total wilderness time, until we could **find a safe place** (SP) to **stay the night** . And after we stood there screaming at each other for five or ten minutes, we both collapsed, and laughed for another five or ten minutes. I ended up doing a few scenes with that same girl, it was cool how we could (P) really **work well together** , I mean we were really able (P) to **play off each other** . That was a really cool class, it really helped me to (P) **try new things** and **have fun** doing it.

Intimacy - Four

One - Stories In Their Natural Order

Story One – New Junior High School

1A

Started a new junior high school.

1B

Didn't know anybody.

1C

Made a couple of friends early.

1D

By the end of the year was pretty popular.

1E

Ended up doing really well.

Story Two – Weird Club You Started in High School

2A

In high school started a new club.

2B

At first it was a big joke, an "anti-club."

2C

Lots of people came to join.

2D

Ended up really popular.

2E

But didn't really last, since nobody had a plan.

Story Three – Watched a Movie at Friend’s House

3A

One weekend went to a friend’s house.

3B

Supposed to be a party but something happened.

3C

Ended up watching this weird Korean movie.

3D

It was very long, and surprisingly good.

3E

Everybody was sitting around on the living room floor, totally quite for three hours.

Story Four – Movie Plot – Friends For Life

4A

Four kids, best friends in elementary school

4B

Went separate ways in college.

4C

Two were detectives.

4D

Two were criminals.

4E

It was about the bonds of friendship vs. society.

<u>Two - Stories In The Order To Tell</u>

1A - Started new JHS
1B - Pretty nervous
1C - Made new friends
2A - Started joke club in HS
2B - Lots of people showed up
2C - Really fun at first
3A - Went to a party in high school
3B - Something happened, nobody came
3C - Watched a movie instead
4A - Four best friends in grade school
4B - Them vs. the world
4C - Separated in college
4D - Later cops vs. bad guys
4E - Friendship vs. society's rules
3D - Everybody sitting on the floor
3E - Mesmerized by the movie
2D - Club kind of disintegrated
2E - Really fun experiment

1D - End of year, lots of friends
1E - Great time at JHS

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

Wow, when I was (P) younger, I had to go to a completely new (P) Junior High School. I'm not sure why, maybe they changed the rules or something, but I didn't know anybody (L). I remember my first day, or my first week, I was totally nervous (L). But after about two or three weeks, I could **make new friends** (R) since a lot of other kids were in that same situation. Once in high school me and a couple friends got tired of all these (P) goofy clubs that people joined only because they (P) looked good on a college application. I mean we wanted to start a cool club (R), with cool people (SP), just so we could **hang out together** , you know? So we could **do fun things together** (SP). So we came up with this crazy name, I don't even remember what it (P) was called, but the first meeting was totally packed (R). Everybody wanted to **do this** (SP), it was amazing. It was like everybody wanted to just **hang out together** (SP), not do things just because it was socially expected (L) or whatever. Once my friends were having this big party (R), or it was supposed to be a big party (R), but when we showed up, there were only a few people there (L). I guess somebody's parents found out (L), or somebody was worried, or whatever. So we just figured we'd watch whatever was on cable, right? So there were these four kids, all best friends, in this elementary school. I guess it was a pretty tough school (L), in a bad part of town (L) or whatever, so these kids new they had to **stay together** (SP), to **keep each other safe** , otherwise the world would get them. One of those us (SP) against the world type stories. And the first third of the movie was about them in elementary school, how they were slowly starting to **get close to one another** , open up to each other, and really start to **trust each other** . But the second third of the movie was how they split up (L), and kind of went their own separate (L) ways. Choosing their own careers, and the last third was when

they got back together, but not (L) in a good way. Two of them were detectives, and two of them were gangsters (L). And the end was the two detectives had to arrest (L) the gangsters, but the gangsters had already agreed that there was no way they were going to jail. So the end was when the two detectives had to kill their two best friends (L). It was really sad, like a battle between real friendship, doing things because you **want to** (R), and the way the world expects you to behave (L), which is usually in the opposite of choosing to **follow your heart** (R), to do things because this makes you **feel good** (R), because this is right (R), but the tragedy is that sometimes society (L) pulls us apart. In the end, the movie was like three hours, everybody was totally quiet. I mean were in high school, nobody wanted to cry but we all felt like we wanted to **express our emotions** (R). After a while that goofy club kind of fell apart (L), since we didn't really (P) have a plan (R), but it's really awesome when something like just decides to **come together** , to forget what you're supposed to do (L) and **be spontaneous** (SP). And by the end of my first year of junior high school, I was able to **make friends** with a lot of people. It was actually a great experience.

Intimacy - Five

One - Stories In Their Natural Order

Story One – Communication Class

1A

Took an interesting interpersonal communications class.

1B

Not like public speaking, a lot different exercises.

1C

Learned all about body language.

1D

How people express different emotions.

1E

How people express different levels of trust in a relationship.

Story Two – Write A Paper on a Movie

2A

Had to write a paper on a Steve Martin movie.

2B

Something about his daughter getting married.

2C

All kinds of examples of miscommunication.

2D

Many romantic comedies have that same theme.

2E

Couples love each other but don't communicate it effectively.

Story Three – Noisy Roommates

3A

Roommate was making a lot of noise.

3B

Didn't feel like studying on campus.

3C

Went to the local public library for free Internet.

3D

Finished the paper later that afternoon.

3E

That ended up being your secret study spot.

Story Four – Story You Overheard in the Library

4A

Story time at the library.

4B

Princess and the prince.

4C

Kids were mesmerized.

4D

Amazing how quickly kids fall into a trance.

4E

Simple stories with powerful meanings.

Two - Stories In The Order To Tell

1A - Interpersonal communications class
1B - Not public speaking
1C - Lots of body language
2A - Had to write a paper on a movie
2B - Steve Martin
2C - Lots of miscommunication
3A - Roommate was making noise
3B - Wanted to go somewhere private
3C - Local public library
4A - Story time
4B - Princess and prince
4C - Kids love stories
4D - Easily fall into a trance
4E - Simple stories with deep meanings
3D - Ended up the secret study place
3E - Didn't tell anybody
2D - Same theme in all romantic comedies
2E - Love and miscommunication

1D - Lots of emotions through body language
1E - Everybody feels emotions all the time

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

One of the more interesting (P) classes I've taken was interpersonal communication. At first I thought it was going to be a (P) speech, class, so I was freaked (L), right? But it turned out to be how people **communicate on a personal level** (R), like one on one. How we decide to **open up to one another** (SP). And we studied a lot of (P) body language, and no matter what we do, it's a method of being able to **share our emotions** (R). Once I had to write this paper on a (P) Steve Martin movie, some kind of romantic comedy. I guess for the class we had to **watch this** (R) and note all the communication problems, when people want to **share something** (R), but they don't know how to **express yourself** effectively, you know? But my roommate was (P) super noisy (L), and I didn't feel like going to the library on campus. I wanted to **find somewhere private** (R), where I could really **think about this** . I ended up going to a public library, luckily, they had free (R) Internet, and I found a nice quiet table where I could **think about things** , and really start to **understand things** . But right when I got there, it was story time. One of the librarians, who was the expert storyteller (SP), I guess, sat down and all these kids started sitting around her. I guess they came there every week since they all were getting ready to **experience something wonderful** (SP). And I couldn't help but sit and **listen to this** (SP), the story, because the kids were so mesmerized. I mean they couldn't take their eyes off this (SP). The story was pretty simple, king and queen and prince and princess or whatever, but the way she told it, there was so much emotion (R). The kids couldn't help but totally **feel this** (SP), and because I was there to study miscommunication, I couldn't help but **be totally amazed** (R) by the simplicity of this (SP). Those fairy tales are so simple, but this is so powerful (SP), especially when you imagine those little kids (R), I mean they aren't afraid

at all to **express emotion** , to really **feel the emotion** of this story (SP), and when I finally finished my paper later, I decided that was going to be my (P) private study spot. Maybe it was because all of this (SP) is together. I kind of combined it in this really good feeling (SP). I never told anybody about this spot, I wanted to **keep this secret** (R), it was my own private study spot. But I've never been able to watch another romantic comedy again, without seeing that they all have the same element. Of two people who **love each** other (SP), but also can't really **communicate with each other** . And of the things I learned from that class is everybody is able to **feel emotions** all of the time. I mean we can't not **feel emotions** (R), it's who we are. And our body language reflects our deeper truth. And if you can **open up** that deeper truth, to **experience this** (SP), it makes communication a lot easier.

Intimacy - Six

One - Stories In Their Natural Order

Story One - Neighbor Out Walking Their Dog

1A

Saw an old lady out walking her dog.

1B

Stopped to talk to her.

1C

She'd had the dog for over fifteen years.

1D

She bought the dog when her husband was still alive.

1E

She believed that her husband's spirit left an imprint on the dog.

Story Two - Girlfriend Bought Twin Puppies

2A

Girlfriend bought twin puppies.

2B

They looked like wolves and had blue eyes.

2C

They were always together.

2D

They grew up quickly.

2E

They would always protect her.

Story Three - Documentary about Dogs Saving Owners

3A

Documentary on TV about dogs.

3B

How dogs save their owners.

3C

One dog woke up the family during a fire.

3D

One dog ran ten miles to get help in the mountains.

3E

History of dogs and humans.

Story Four - Story of Hachi, the Japanese Dog

4A

Old professor in Japan.

4B

Dog would walk with him to the train station, wait for him to come home.

4C

Old guy died at school, never came home, but the dog still waited.

4D

Statue of Hachi in Japan in Tokyo.

4E

Loyalty is a wonderful trait.

<u>Two - Stories In The Order To Tell</u>

1A - Old lady walking her dog
1B - Talked to her
1C - Bought dog with husband
2A - Old girlfriend bought twin puppies
2B - They looked like wolves
2C - Grew up together
3A - Documentary on dogs
3B - Always protecting owners
3C - Dogs save people during fires
4A - Story of Hachi
4B - Followed master to station
4C - Master died, Hachi still waiting
4D - Now statue in Tokyo
4E - Loyalty is the best quality
3D - Dogs save people in mountains
3E - Long history of man and dog
2D - Dogs got old
2E - Always took care of girlfriend
1D - Husband died long ago

1E - Dog has his qualities

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

The other day I was out (P) taking a walk, and I saw one of my (P) neighbors. A nice (R) old lady, I've never really (P) talked to her that much, so I decided to stop and say hi. She was walking her dog, he looked pretty old, turns out she's had him fifteen years. She and her husband (P) bought the dog back when he was still alive (R), they actually went shopping for him a while. I had a girlfriend once that decided with her sister to buy these (P) two puppies (R). They looked like wolves, but they each had (P) one blue eye. Really beautiful (SP). She took them home and kept telling them, "Don't worry baby, I'll take care of you," and they were always (P) with each other (R), always decided to **stay close together** (R). I watched this documentary on dogs once, it listed all the times that dogs (P) saved people's lives (R). I always thought of dogs to take to the park or whatever, I never really thought of dogs as protectors (R), but I guess that's what they are. This one family's house was on fire, and they didn't have a smoke alarm or anything, but they dog went through and woke everybody up (R), barking his head off. He didn't want to go outside until everybody was safe (R). I guess for dogs, this is really important, to **stay safe** (R). There's that famous Japanese dog, Hachi. He was loyal (R) to his master, who was some professor or something. Every day the professor would walk from his house to the station, and Hachi would **follow him** (R). And then Hachi would sit there all day, waiting for him to come back (R). That would be pretty cool, to feel comfortable knowing that somebody (SP) is waiting for you. To be able to **trust this person** (SP) completely (R), to **know this person** is always going to be watching out for you, knowing that you can **depend on this person** (SP) completely, I mean he's only a dog, that they sure act like people. But when the professor died, the dog just kept waiting. He refused to leave, even after he was gone, the Hachi wanted to wait. He wanted to **be loyal** (R), to **keep waiting** (R), and today they have a

statue of Hachi in Tokyo, and it's a famous meeting spot, especially with lovers. Because the story is so romantic, you know? So when you want to **wait for this person** (SP), everybody decided to **wait together** at the same spot, and it's really good to **wait for somebody special** (SP). Then the documentary talked about how long dogs and humans have been together. I guess we've been together (SP) for a long time, much longer than people realize. Going back ten thousand years, dogs and humans could always **depend on each other** (R), look out for each other. When my girlfriend's dogs grew up, they still decided to **stay together** (R) always. They turned out to be really good guard dogs. I could tell they really loved this person (SP). And the lady was kind of embarrassed to tell me this, but she said after her husband died, she started to see some of his qualities in the dog they'd chosen together, it was really cool, how she could still **feel this** (R), after all this time. I guess human emotions are really powerful, and when you can really **open to them** (R), you start to see there's a lot more here (SP) than most people realize.

Intimacy - Seven

One - Stories In Their Natural Order

Story One – Valentine’s Day in High School

1A

First girlfriend during Valentine’s Day.

1B

Had no idea what to do, had to use TV characters as a reference.

1C

Carried around a huge box of chocolates.

1D

She loved it.

1E

Turns out everybody secretly thought you were cool.

Story Two - Creative Writing in High School

2A

Took a crazy creative writing class in high school.

2B

Had to do all kinds of goofy activities.

2C

One was these skits you did.

2D

Had to make stuff up on the spot.

2E

Really silly but really fun.

Story Three - Twilight Zone - Favorite Episode

3A

Loved the twilight zone.

3B

Would always watch the marathons on TV.

3C

Favorite was the criminal on a planet with a robot girlfriend.

3D

They came to take him home, but he had to leave his robot girlfriend.

3E

He decided to choose the robot girlfriend instead of freedom.

Story Four - Gift of the Magi Story

4A

Famous story by O. Henry.

4B

Young couple in love, but really poor.

4C

Each gave up their most prized possessions for the other.

4D

On one hand, it was a tragedy.

4E

But on the other hand, one of the greatest love stories ever.

<u>Two - Stories In The Order To Tell</u>

1A - First Valentine’s Day with girlfriend
1B - Didn't know what to do
1C - Bought a huge box of candy
2A - Create writing class in high school
2B - Did lots of crazy activities
2C - One was doing skits in front of class
3A - Loved "The Twilight Zone"
3B - Favorite episode - guy on "prison-planet"
3C - Spaceship came to rescue him
4A - Gift of the Magi
4B - Young couple in love, but poor
4C - Gave each other most prized possession
4D - Tragedy on one level
4E - Beautiful love story on another
3D - Guy couldn't take his GF
3E - Decided to stay on the planet

2D - Some skits were really silly
2E - But very fun
1D - Felt like a goof carrying it around
1E - But everybody thought you were cool

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

I remember my first Valentine's day, I mean when (P) I had a girlfriend. I didn't know what I was supposed to do, so I had (P) to use whatever people on TV did, which was buy a huge (P) box of chocolate. So, I carried this humongous box of valentine chocolates (R) to school, not really sure if it was OK or not. I had this crazy (P) creative writing class. We did all kinds of goofy activities (R), and me and couple of my buddies for some reason started doing all these (P) crazy skits (R). Like we would get up and try to have this (P) serious dialogue but we would also try to be as (P) outlandish as possible (R). We would talk about the Twilight Zone a lot in class, because it had a unique style, really (P) inventive for its time. There was this guy that was sentenced to stay on this planet for some crime (L) or something, but he had this girl (R) with him. And he they really (P) loved each other (SP), and they really were able **take care of each other** (P) on a daily basis. And one day the spaceship came to tell him he was free (R), and at first he was really happy (R), he could **feel overjoyed** (R) because he could finally go back to Earth or wherever and **meet friends** , and stuff. It was kind of like that famous (P) Christmas story. About that young couple, really deep in love (R). They would **do anything for each other** (SP), really wanted to **take care of each other** (R) no matter what. But they each had their own most valuable possession. And when it was Christmas, they wanted to **do something special** (R) for each other, but they didn't have any money. So they decided to **give up everything** (R) for each other. The guy sold his silver watch, to buy a brush (P) for his wife. Because she had this really beautiful (P) long hair. But she cut her hair, and sold it to the wig shop, to buy a chain for his silver watch. They

watched to **give each other everything** (R). And at first, from a Twilight Zone perspective it's a horrible (L) tragedy, because then they had nothing. But that's really the message of the story, because in giving up everything, they learned that this love (SP) they **share with each other** , this love they **give each other** (R), is the most beautiful thing there is. Unfortunately for the Twilight Zone guy on the planet, they told him they couldn't (L) bring his girlfriend, which of course he rejected. I mean him and his girlfriend absolutely couldn't help but **love each other** (SP). But in the end you find out the girlfriend was really a robot, but even then, he decided to **choose love** (SP) over everything else (L). Some of the skits we did were the lamest (L) thing ever, but they were the most fun (R). When we just **let go of fear** (R) and decided to **have fun** (R) in the moment, it was probably my favorite class in high school. And after carrying around that big box of chocolates like a goof, my girlfriend really loved it. And everybody else at school, especially the girls, somehow thought that was a reason to **admire me** (R), because somebody told me that they all wished they had a guy that would do something like that (R), turned out I was a hero but I thought I was a goof the whole time. Of course, all my friends were angry, because I made them look bad, but I didn't care. When you are in a relationship, all you want to do is **make this person** (SP) happy, right?

Generate Passion - One

One - Stories In Their Natural Order

Story One - Getting Lost At the Mall as a Kid

1A

One time at the mall.

1B

Turned around, mom was nowhere to be found.

1C

Ran around and didn't see her, was terrified.

1D

Eventually found her.

1E

She was watching you the whole time.

Story Two - First High School Sports

2A

Played football sophomore year in high school.

2B

Games were always super intense, way different than practice.

2C

Total focus and massive amounts of energy.

2D

Losing sucked.

2E

Winning was awesome.

Story Three - First Big Fight With Girlfriend

3A

Had a girlfriend for a few months.

3B

First big fight.

3C

Neither of you knew how to argue well.

3D

Both were totally emotion, mix of frustration, anger, inability to describe feelings accurately.

3E

Ended up having mad make up sex, even though you weren't sure what happened.

Story Four - Super Sexy Movie You Saw By Accident

4A

Went to see what you thought was a romantic comedy.

4B

Turned out to be almost a porno.

4C

Most of the time was spent in bed.

4D

Lots of crying and fighting.

4E

Very emotionally intense.

<u>Two - Stories In The Order To Tell</u>

1A - At the mall
1B - Couldn't find mom
1C - Panicked
2A - High school football
2B - First game
2C - Powerful emotions
3A - First fight with girlfriend
3B - Screaming and yelling
3C - Mix of confusing emotional power
4A - Romantic comedy
4B - Turned out to be erotic
4C - Lots of fighting and lovemaking
4D - Tons of tension
4E - Emotional roller coaster
3D - Awesome makeup sex
3E - But had no clue what happened

2D - Losing sucked
2E - Winning was like a drug
1D - Found mom
1E - She knew what was up all along

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

Man, when I was a kid I had an absolutely (P) horrifying (L) experience! I was at the mall with my mom, and like a little idiot (L) I wasn't (P) paying any attention to anything, and I looked up and she was gone (L)! I ran around (P) looking for her but I was sure something had happened. In high school my friend convinced me to try out for (P) football, we figured that would be the best way to (P) get girls (R), and I was amazed that I made the team. It was like nothing I'd ever expected. I mean the (P) practices were long, grueling, like boot camp (L) or something. But the games were amazing (R). Something about the energy (R), I mean when you **feel this energy** (SP) when you can't help but **feel this passion** , you just **forget everything** (R) and focus on the game. All the homework problems (L) I had, parents whatever, when the game started it had a way to **make problems vanish** (R). I had this girlfriend I'll never forget our first fight (L). I mean neither of us knew (P) what the heck we were doing. We were at this party, you know, able to **enjoy each other** (R), and somebody said something and suddenly there was all this tension between us. We drove somewhere and you could just **feel the energy between us** , and we just started yelling (L) at each other, nobody knew what was going on, everybody was crying. I was angry, but more angry that everything I felt, the feelings inside, when I tried to **describe this** it just came out differently and made everything worse, like we are surrounded in this (SP) ball of energy and you can just **feel this** (R). We went to this movie once, I didn't really care, you know when you are in love (SP), and you just want to **be with this person** (SP), you really don't care what you're doing. So we picked this movie, thought it was a romantic (R)

comedy or whatever. But it turned into this near porno (R), I think it was a remake of some famous French movie or something. But man this is so intense (SP)! I mean the characters were either fighting, and by fighting I mean yelling and screaming just staring at each other with all this (SP) mad passion, and then a switch would go off and they'd just start to **make love** (R), like there was this amazing energy, even just watching the movie, we could **feel this energy** (SP), I mean there were a lot of people in the theater and you could tell that even the people listening to this were able to **feel massive passion** (R), I mean this was really unexpected, it just hit us, like bam! But I don't even know what happened but one minute we were yelling at each other, and the next minute (P) we just started to **kiss each other** (R), and right there in the car, that's the first time I was ever able to **experience make up sex** (P), and Jesus Christ is this (SP) fantastic! Whenever we lost, it absolutely sucked, but the few times we won, we didn't win very often because our team was pretty lame, but when we did, this (SP) was like nothing else. I mean I could **feel this energy** (SP) for a couple days, like nothing I'd ever experienced before. And just when I was about to all 911, or whatever little kids do when they have emergencies, my mom grabbed my hand and asked me why I was trying to hide when she'd been watching me the whole time. Crazy, right?

Generate Passion - Two

<u>One - Stories In Their Natural Order</u>

Story One - Climbing to the Top of a Tall Mountain

1A

Decided to try it, didn't really plan much.

1B

The longer it got, the harder it got.

1C

For some reason, the harder it got, the more determined you got.

1D

Finally made it to the top, nearly passed out from exhaustion.

1E

Every time you think about that, you feel really good because you didn't quit.

Story Two - Huge Self Improvement Goal

2A

Decided to train for a marathon.

2B

Studied from a book for beginners.

2C

Idea of a long run on the weekends.

2D

Each week the long run got longer.

2E

Every week you felt you had this massive goal to conquer.

Story Three - Friends Who Have Best Relationship

3A

Best friends have known each other since high school.

3B

Always give you expert advice on relationships.

3C

Wish everybody was like them.

3D

They moved away and you miss them.

3E

Lucky for the Internet, you can keep in touch.

Story Four - Once They Had A Fight

4A

One night you and your friend went drinking and you slept on the couch.

4B

Friend and wife had a huge fight the next morning.

4C

You heard everything from the couch. Intense emotions.

4D

You thought they were going to get divorced and it was going to be your fault.

4E

Happy ending, everybody embarrassed.

<u>Two - Stories In The Order To Tell</u>

1A - Went mountain climbing
1B - Didn't plan much
1C - Really hard
2A - Trained for marathon
2B - Started easy
2C - Each weekend longer and longer
3A - Great friends
3B - Always together
3C - Give great advice
4A - Went to a strip club
4B - Slept on friends couch
4C - Huge fight in the morning
4D - You felt super guilty
4E - Happy ending
3D - They moved away
3E - You still keep in touch
2D - Each weekend a goal in itself
2E - Finished easy, training best part

1D - Sheer determination
1E - Glad you finished

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

Man, once me and my friend seriously (P) bit off way more than we could chew. We went for this one day hike, going up (P) a couple of hours, parking and then hiking to this peak and back. On paper we thought we could (P) finish in one day, but once we started hiking, we realized we'd made a big mistake (L). The more we hiked, the steeper (L) it got and we thought maybe we should just give up (L) and turn around. Once I decided to train for a marathon, I went to the bookstore and looked around, bought a famous (R) book on training. It said to go jogging every day, but only a mile or two. Then one day on the weekend was for the (P) long run. Each week you just made the long run longer by one mile, the idea being that if you planned long enough for the marathon, it would be easy (R). But pretty soon each weekend was like running a marathon in itself. I mean, once I started running I started to **feel massive determination** (R), I really had to **focus on this** (SP), I mean I had to **push everything out** except for this (SP). I've got these really great (R) friends, I've known them since high school. I mean ever since I've known them they've been together. Went to their wedding, watched their kids and everything. Also had my back whenever I needed something, I mean I knew both him and her, I could really **trust this person** (SP), but one time I thought I messed everything up (R). Me and the guy and some other guy, I don't remember the reason, but we went to this strip club (L). And I drank a lot so I stayed on this guy's couch, and in the morning he and his wife got into this massive (P) fight (L), I guess they forgot I was there. I mean they were yelling (L) and screaming (L), this was before they had kids, and I heard things that made me realize exactly what goes into a successful relationship. I mean the depth of feelings between them, just lying there I could **feel the emotions** (R), just totally **feel the energy** (R) between them. I was like

two people locked together, both in pain but both determined to fight it out, to **preserve this** (R), to make sure this (SP) stays real, and I kept listening, worrying I may have caused their divorce (L). But then we all had breakfast together, and at first she was kind of embarrassed (R), but then everything was normal. In a sense it was like seeing the real insides of a relationship, of being able to **feel the passion** (P), to be able to **feel the energy** (P), to be able to, I know it sounds lame, but **feel the realness** (SP), I mean when you just decide to **lay it out there** (R), to **take this chance** and **make it happen** (R). Finally they moved away, he got this awesome job, we still keep in touch, though. But the closer I got to the full marathon length on the weekends, I just got more and more determined. I didn't want anything to stop me, I mean I kept seeing my goal in mind and I knew I had to **get this** (SP). I knew I absolutely had to **have this** (SP). Finally when the marathon came, it was awesome. So much energy in the air, and because I had trained properly, I knew beforehand, I had a feeling that this will **be successful** (SP), you know? And both my friend and I kind of simultaneously turned that hike into a fight, us against the mountain, we weren't going to let anything stop us, and by the time we got to the top, we were both exhausted, but we were also glad we didn't give up. Now whenever I **think of this** (SP), I **feel really good** (R) knowing that we were able to **make this happen** (R).

Generate Passion - Three

<u>One - Stories In Their Natural Order</u>

Story One - First Job In High School - Retail

1A

First job in high school.

1B

Working retail in a department store.

1C

Had to interact with a lot of different people.

1D

Nervous at first.

1E

Soon found it very rewarding.

Story Two - Got Lost While Hiking

2A

Hiking with a couple of friends.

2B

Decided to take a short cut.

2C

Got lost.

2D

Freaked out at first.

2E

Figured out where you were and kept everything under control.

Story Three - Weekend Retreat on HS Sports Team

3A

Went on this weekend team building camp.

3B

Lots of climbing and jumping.

3C

The teacher was always telling stories.

3D

Pretty fun.

3E

Built team spirit, but still lost most of the games.

Story Four - Migrants During Gold Rush

4A

Gold rush to California.

4B

Biggest migration in human history.

4C

People only had a dream and determination.

4D

People had to stay in close groups.

4E

Adventure of a lifetime.

<u>Two - Stories In The Order To Tell</u>

1A - First job in high school
1B - Department store
1C - Intimidating at first
2A - Hiking with friends
2B - Tried a shortcut
2C - Got lost
3A - HS sports
3B - Team building camp
3C - Teacher told lots of stories
4A - California Gold Rush
4B - Lots of people going west
4C - Only dreams and determination
4D - Had to stay in tight groups
4E - Must have been epic
3D - Great teamwork
3E - Still lost games
2D - Freaked out
2E - Finally found friends

1D - Met lots of interesting people
1E - Great job experience

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

Yeah, I remember my first job like it was (P) yesterday. I didn't know anything other than my parents said they were going to stop (L) giving me an allowance, so I had to (P) **make some cash** (R) on my own. I just went around town and handed in an application everywhere (P) I saw a "Help Wanted" sign. I ended up getting hired (R) at this department store, they put me in the sporting goods department. I was pretty nervous (L) at first, I thought people would be asking me all these questions I didn't know the answers to. One weekend a couple of buddies and I (P) went hiking, and we got about halfway to this peak, and I decided I thought I could **find an easier way** (R), so I said I'd meet them there and took off on my own. Man was that a mistake (L). It's one thing to be alone when you know where you are, but when you're by yourself, in the mountains and you get lost? It's pretty scary. I mean that's pretty intense, you can **feel your heart pounding** (R), wondering if you are going to **find this place** (SP) or not, and you decide to just **keep going** (R). My coach in high school thought we could use some teamwork building exercises, you know, he thought it'd be better if we could really (P) **connect with each other** (R) on a deep level, I mean to really **go through some experiences together** (SP), so we went to this, like boot camp place. Did all these drills, did things that were really scary, but I guess the idea is you feel the fear (R), but at the same time you **feel this trust** (R), so it will help you to **use this energy** (R) to **overcome fears** you have about this (SP). The guy teaching thing was really cool. We'd do exercises, and then he'd sit us in a big circle in the middle of the woods and tell us these inspirational stories. He told us about the California Gold rush, one of the biggest migrations ever. People who had nothing but a big dream, I mean every day they would wake up and **feel this huge desire** (SP), something out there, something they

needed to find. They didn't even know if they were going to **find this** , they only knew that if they could **discover this** (SP), they would **find this amazing** (SP). But they also knew it was dangerous, so they really had to **depend on each other** (R) so they could **stay safe together** (R). And man, I'll you, that camp really helped us to **build awesome relationships together** (R). We still lost a lot of games, but we had much better teamwork and camaraderie, I guess the coach was happy. I mean I'm sure he would have preferred if we won more games (R), but he was also happy that he showed us something about life that can only come from the experience of being able to **help each other** (SP). After a while, I finally gave up and went back to find my friends. I didn't want to be alone out there, all by myself, so when I caught up with them I was glad that we could **be together** (R) again. And I think after the first day on the job, I really started to **enjoy this** (R). I was able to talk to people, all kinds of different people, **connect with people** (SP)and find out what they wanted, so I could help them **get this** (SP). I really started to **appreciate people** (SP), and how much everybody has to offer. You just need to know how to **find this** (SP) within the person you are talking to, right?

Generate Passion - Four

<u>One - Stories In Their Natural Order</u>

Story One - First Time Rock Climbing With a Friend

1A

Friend invited you to go rock climbing.

1B

Sounded exciting, wanted to go.

1C

When started, really scary.

1D

First half was slow, nervous.

1E

By the end of the day, it was much more fun, you were much more confident.

Story Two - First Time Skydiving

2A

With some buddies one day, bored.

2B

Somebody suggested skydiving.

2C

Everybody agreed, but secretly hoped somebody would say no.

2D

You didn't believe it would happen until the plane took off.

2E

When you jumped, it was terrifying, but it soon became exhilarating.

Story Three - Hands on Seminar on Canoe Making in Hawaii

3A

Took this weird canoe making class.

3B

More like watching some guy go through the motions.

3C

But fascinating how they made them.

3D

The only modern tool used was an axe.

3E

Everything else was from nature.

Story Four - Early Polynesians Who Crossed Huge Oceans in Canoes

4A

Hawaii discovered by Polynesians

4B

Nobody really sure what motivated them.

4C

They crossed huge oceans in canoes.

4D

They navigated by stars.

4E

Must have been a breathtaking experience.

Two - Stories In The Order To Tell

1A - Friend invites you rock climbing
1B - Excited to go
1C - Scary at the beginning
2A - Bunch of buddies talking
2B - Suggested to go skydiving
2C - Hoping somebody would back out
3A - Took a canoe building class
3B - Watched an expert
3C - Fascinating
4A - Hawaii discovered by Polynesians
4B - Bold explorers
4C - Crossed oceans with canoes
4D - Used stars to navigate
4E - Epic adventure
3D - Only used an axe
3E - Everything else was natural
2D - When the plane took it was real
2E - After jump, felt awesome
1D - Halfway up, gained confidence

1E - Really amazing after that

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

I used to work at this one place with this guy, he was an avid (P) rock climber. He asked me to go along, and I did, not really sure what to expect. I guess I thought it was going to be like (P) hiking or something. But when we got there, and I saw how (P) steep the rock face was, nearly straight up, I started to have second thoughts (L). But he seemed to **be relaxed** (R) and confident, so I just figured I'd **try this** (SP), listen to this guy (R) and **see what can happen** (R). But as soon as we started going up, man that was intense! (L) My heart was pounding, and I could **feel the endorphins** (R) rushing through my veins. I was terrified! (L) I was hanging out with a bunch of buddies on Saturday morning, and somebody suggested we go (P) skydiving. There were three of us, and nobody wanted to say (L) no, I mean nobody wanted to say, "This (SP) is so intense, I don't think I can **do this** ," so we all acted all cool and everything. But we kept talking and nobody wanted to back out (L), I mean everybody was eager (R) to **do this** . I was in Hawaii and we went to this kind of demonstration where this guy showed us how they used to build those canoes. It was a pretty cool (R) demonstration, I mean the guy was really thorough. I didn't know this but the Polynesians discovered Hawaii (R) on these canoes, I mean exploring over land is scary enough, but these guys went across (P) massive oceans, with only the stars to guide them. It must have been (P) amazing (R). I mean, how do you even train for something like that? Months at a time on a canoe, nothing but the stars at night, only knowing or hoping that something amazing (SP) is out there. Just to **follow your instincts** (R), trusting your gut, knowing in your heart that this (SP) is worth it, that all the effort and risk you're putting in is going to be paid off. I mean, just **imagine that** (R), being able to **feel so much desire** (R) for this (SP), to keep pushing forward all day, surrounded by nothing, propelled only by sheer belief that this (SP) is worth it. Turns out the only modern tool they used to build those were steel axes. Everything else, they used natural ingredients.

Everything they had, they took their time to **make this** (SP), so that this would last. And I'll tell you the truth, I was hoping somebody would bail out, but as soon as we got on the plane and the engines started? Man, it was like, this is happening (SP), there's nothing to do but **embrace this** (SP), just open up (R) and let it happen (R). And I'll admit that jumping out of that plane was the scariest thing I've ever done, but it was also the most exhilarating. Never in my life had I been able to **feel so much excitement** (R), like nothing I'd ever experienced before. And by the time we got halfway up that rock, I was starting to **feel more confident** (R) in my abilities. I was really able to trust myself to make the right decision (SP), to keep going, and when I got to the top, I was really glad I decided to **do this** (SP).

Generate Passion - Five

One - Stories In Their Natural Order

Story One - Math Class in Elementary School

1A

Math in grade school was pretty easy.

1B

Remember learning multiplication.

1C

Long division was kind of hard.

1D

Fractions sucked.

1E

But it wasn't hard to figure out.

Story Two - New School in JHS

2A

Had to switch schools in JHS.

2B

Had to make new friends.

2C

Also had to go to different classes.

2D

Pretty simple once you figured everything out.

2E

Subjects were pretty simple.

Story Three - Intense HS Science Teacher

3A

Really intense HS science teacher.

3B

Would get really enthusiastic when explaining things.

3C

Had a reputation as a crazy guy.

3D

Tests were really difficult.

3E

Hard to get a B.

Story Four - Scientific Discovery Story

4A

Electricity has always been fascinating.

4B

Faraday was a pioneer.

4C

Discovered relationship between electricity and magnetism.

4D

Showed how they interacted in near magical ways.

4E

But without it our modern world wouldn't exist.

Two - Stories In The Order To Tell

1A - Elementary school math
1B - Mostly easy
1C - Multiplication was simple
2A - New JHS
2B - Confusing at first
2C - Different classes
3A - High school science teacher
3B - Really passionate about science
3C - Would always go off on crazy rants
4A - Discovery of electricity
4B - Faraday the genius
4C - Saw things others didn't
4D - Electricity and magnetism
4E - Modern world based on his discoveries
3D - Tests were always difficult
3E - Very hard to get a B
2D - Figured it out after a couple weeks
2E - Pretty easy after that

1D - Long division was complicated
1E - Fractions were complicated

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

When I was a kid math (P) was pretty easy. I mean I sort of remember math, adding, subtracting, that stuff was pretty easy. Multiplication was also (P) pretty easy, even those humongous problems she would write on the board and have us (P) come up and do. I mean, I never really stressed to much about it. I had to go to a (P) different (L) junior high school, I don't remember why, school districts changed (L) or something. It was kind of sketchy (L) at first, I mean I was worried, I didn't know if (P) I could **figure this (SP) out** . I knew I needed to (P) at least **make a friend** (R), and **figure stuff out** . It was also the first time we had to switch classes, instead of having one teacher always there, you know how you can **depend on this person** (SP), right? I had this super (P) insane science teacher (R) in high school. I mean this guy (SP) was super passionate. He would start off by teaching some science thing, and then he would **get really excited** (R) and start telling us the history behind the science, I mean everybody could **feel the passion** (R), I mean this energy (SP) was so contagious, everybody in class could **feel this** (R). We'd just forget everything (R), relax and **watch this person** (SP). One time he started writing these equations, and then for the rest of the class told us about Faraday, the guy who discovered electricity and magnetism (R)? I mean it's not (L) intuitive at all, I mean all around is this massive amount of electricity (SP), and Faraday was the first guy to **discover this** , that this (SP) is magnetic as well, and how these two things are related. How to **put this together** (R). He started making engines turn without touching anything, realized all about magnetic lines of force that are attractive, and how the magnets can **feel this attraction** (R) and it makes them move, like magic. I mean back then, nobody really knew anything, but this guy (SP), this guy could **see things** (R), I mean see things nobody else can, and he could **feel so much**

passion (R) about these things that he basically invented a whole new kind of science. Because of this magnetism, we have all this (SP), and we can really **appreciate this** (R) because this guy with all his passion was able to **make this possible** (R). The guy was a super enthusiastic teacher, but man were his tests hard (L)! I had to study harder than I ever had before just to get a B! But he was able to **make this really interesting** (R), make this really compelling. After I figured out where all my classes were in junior high school, after I was able to **make new friends** (R), and find my classes it was pretty easy. The only math I had problems with in elementary school was long division, and fractions. I mean it wasn't too bad, all I had to do was **think about this** (R) for a while, like when I would go home and **think about this** (R), and start to **imagine this** (R), and pretty soon it made sense. I mean everything makes sense when you just decide to **understand this** (R), right?

Generate Passion - Six

One - Stories In Their Natural Order

Story One - Book Report in Elementary School

1A

First book report.

1B

Really nervous.

1C

Practiced for three days.

1D

Used index cards to remember.

1E

Went pretty well.

Story Two - Scary Job Interview in College

2A

Job interview for internship.

2B

Many applicants.

2C

Guy asked really tough questions.

2D

Barely made any eye contact.

2E

Didn't get the job, but didn't want it.

Story Three - Interesting Job Interview

3A

Another job interview.

3B

Guy really friendly.

3C

Asked weird questions.

3D

Got an offer.

3E

Turned it down, too far from home.

Story Four - Adventure-Romance Story from Novel

4A

Shipwreck on an island.

4B

Only a couple survived.

4C

Before they hated each other.

4D

But they had to work together to not die.

4E

They ended up falling in love.

<u>Two - Stories In The Order To Tell</u>

1A - Elementary school book report
1B - Really nervous
1C - Practiced for days
2A - Tough job interview
2B - Lots of people
2C - Asked tough questions
3A - Easy job interview
3B - Interviewer really friendly
3C - Asked many strange questions
4A - Shipwreck story
4B - Couple on an island
4C - Hated each other at first
4D - Had to work together
4E - Fell in love
3D - Got an offer
3E - Refused, too far away
2D - Didn't get the job
2E - Didn't want the job
1D - Put everything on index cards

1E - Book report went well

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

I remember my first (P) book report in elementary school. Fifth grade I think, man (P) I was nervous (L). I didn't know if I could **do this** ! I mean the book was simple (R), I could **understand everything** (R) and explain everything, but when I thought about standing in front of people and talking about this? I was (P) super nervous (L). It was like this job interview I had once. I got there, I wore a (P) tie and everything. There were lots of other people there as well. I waited (P) like an hour (L), kept wondering what was going to happen next, what this guy was going to say, and when I got in there, he was really in a bad mood (L). He asked me all these (P) difficult questions (L), I had no idea (P) how to answer (L). The whole time he didn't even look at me (SP), I mean he just kept looking down on his clipboard, asking me questions, checking off boxes and stuff, it was a nightmare (L)! This other guy (SP) was really easy. I mean I could tell right away, this guy (SP) is really friendly (R), it's really easy to **open up to this guy** (SP), to **share everything** (R), you know? And he starts to ask me all these goofy questions that don't really have anything to do with the job, so I just say, hey, you can **relax** (R), and **enjoy this** (R), so we had this long conversation. One of the questions he asked me was my favorite novel, I wasn't expecting that, I don't even remember (P) what I told him, I just said the first thing I could think of. Then he starts telling me about his favorite novel, and I'm like, OK, I'll just **relax** (R), and **listen to this** (R), see what happens, right? And it's like a romantic adventure of something, I didn't recognize it so I just decided to **listen to this story** (R). This ship crashed on an island, and there were only two people who survived. I guess they were divorced or something, or they knew each other before, but once they were on the island, they realized they had to **work together** (R), I mean they really had to **trust one another** (R), and so they started to figure out how they would survive. They did regular island stuff

like build a hut or whatever, start fires, and of course since this (SP) is a romance story, the two of them eventually had to **fall in love** (R), and start to **see each other** (R) in a different light, I guess when you are forced to stretch the limits of your experience, and start to **think of things** (R) in a new way, that's what happened. But when this guy was telling me this romance story, I couldn't help but realize he was able to **feel a lot of passion** (R), I mean just seeing how animated the guy was I couldn't help but **feel excited** (R) as well. He ended up giving me an offer, but after thinking about it, I mean I really decided that I **like this guy** (SP), but it was too far away, so I had to tell this guy that we wouldn't be able to **work together** (R). The first guy, the who didn't want to look at me, he didn't give me an offer, but I didn't want one, that guy was scary (L)! But after I stood up and started talking, I mean I had the whole book report on index cards, so I could **remember this** (R), it was pretty easy. I mean I started to **feel really comfortable** (R), and I ended up getting an A on my report.

Generate Passion - Seven

<u>One - Stories In Their Natural Order</u>

Story One - First Trip Abroad

1A

Went to Europe to meet friends.

1B

Arrived two days earlier.

1C

Had everything planned out, but still exciting.

1D

Had a lot of fun traveling on your own.

1E

Met up with friends, had a great time.

Story Two - Learning Spanish in Junior High School

2A

Had to take a foreign language.

2B

Decided on Spanish over Chinese.

2C

Was difficult at first, had to do skits in Spanish.

2D

Pretty fun after a while.

2E

Went to a Mexican restaurant near graduation.

Story Three - First Trip Alone to a Big City

3A

Got a new job, in a new State.

3B

Had to move on your own.

3C

Didn't know anybody, and felt really awkward, met an old guy in the park.

3D

Ended up joining a few clubs.

3E

Made some decent friends.

Story Four - Story Told To You By an Old Man

4A

When he was young his parents died.

4B

He had to start work when he was only sixteen.

4C

He worked construction, had to travel a lot.

4D

Fell in love at a young age.

4E

Stayed together for nearly fifty years.

Two - Stories In The Order To Tell

1A - Europe trip with friends
1B - Arrived two days earlier
1C - Everything planned, but still nervous
2A - Had to study a foreign language
2B - Chose Spanish
2C - Had to do skits
3A - New city, new job
3B - Didn't know anybody
3C - Met a guy in the park
4A - His parents died early
4B - Had to find his own way
4C - Traveled a lot
4D - Fell in love early
4E - Lifelong relationship
3D - Joined some clubs
3E - Made lots of friends
2D - Skits were fun
2E - Went to lunch together
1D - Went exploring on own

1E - Great experience

Three - Word for Word Script

(P) = Pause
(R) = Good anchor
(L) = Bad anchor
Bold Underline = embedded command
(SP) = Self Point

(note, self-point and R can be used interchangeably)

I remember the first time I went abroad, not like I'm a (P) world traveler or anything. I decided to **meet some friends** (R), but for some reason they were coming (P) two days after I was arriving. I got a great deal (R) on the flight or something. But even though it was only a couple of days, and I had everything all (P) set up, hotels and everything, I was still (P) pretty nervous (L), you know? I mean it was the first time (P) going to a foreign country and I was going alone, I didn't know if I was going to **meet somebody** (SP), or **find somebody interesting** (SP) or whatever. When I was in junior high school I had to (P) take a foreign language (L), and I didn't even know until the last minute. So I chose Spanish, the only other choice was (P) Chinese, and that seemed too difficult (L). So, in Spanish class we had to do these skits (R). I mean we made to make up these conversations, and have these in front of everybody. I mean you're just standing there, feeling everybody looking at you, everybody is listening to everything you say, it was pretty intense (L). I mean you could **feel your heartbeat** (R), really **focus on everything** (R) being said. Once I had to go to a new city to start a new job. So after I got set up in my apartment I just started (P) wandering around. I found this park where these guys were (P) playing chess. I played this one old guy and (P) he destroyed me (L). He bought me a cup of coffee (R) after and pretty much told me his life story. When he was in high school, both his parents died (L) so he had to **figure everything out** on his own (R). I mean he didn't have anybody, where he could **rely on this person** (SP), he had to just kind of **take risks** (R), try things and **see what would happen** (R). He ended up being hired as like a helper on a construction site, and pretty soon learned how to **do things** (R) on his own. He said it was pretty intense, but it he was able to **feel really confident** (R) because he was able to **take advantage of this** (SP). They traveled a lot, and that's when he met his wife (R). She was the

first girl he ever dated, and right off the bat he knew he could **feel things for this person** (SP). He knew this person (SP) was special. He told her, (P) "I love you," (P) after only knowing her for a few weeks. But they decided to **get together** (R) , and for whatever reason they were able to **stay together** (R). Then he started to give me advice, that if you **find somebody** (R), you may as well **try this** (SP), and see. Because of all the things he'd done in his life, he said that to **find love** (SP) is the most important. I ended up playing chess a couple times a week, and I met some other guys and met a couple other days a week to play pickup basketball. It was actually a pretty good experience. After I could **get over the nervousness** , I started looking forward to doing those skits. To **talk to this person** (SP), and I enjoyed to speak Spanish and enjoy the excitement (R) that comes with having goofy conversations. I was kind of bummed when my friends showed up, because I kind of enjoyed going around on my own, exploring and stuff. It's really fun when you just **put yourself out there** (R), and see how much fun you can have. If I were rich, I'd definitely **travel a lot** (R) more.

How To Use Effectively

Before you start using these structures, you'll need to practice them. The best way to practice them is to work from the individual story chunks, or bits, that are listed out before the actual word-for-word story. While it may be tempting to memorize these word for word, it's not always guaranteed that you'll be able to finish. If you get interrupted you'll need to keep track of where you were, and be able to slowly guide the conversation back to the stories themselves.

Central Part

Story four is always the central part. This central story contains the themes and most of the commands. So long as you keep the central story intact, they will have an impact. Ideally you'll be able to start mixing these up, and even creating the outer stories, mainly one and two, from your own experiences. If you feel uncomfortable telling stories that aren't factually true, simply use whatever experience most closely matches the outer stories (one and two).

Fractionation

This is a very simple concept, but unfortunately it's been used more of a marketing gimmick, so there's a lot of confusion. Fractionation only means speaking in "hypnotic" language and then speaking in normal language. The idea was discovered by a hypnotist who found that when clients came back for repeat visits, they fell into a much deeper trance on successive visits. He tried this during a single session and it had the same results. Instead of hypnotizing them for thirty minutes, for example, he would hypnotize them for ten minutes, bring them out briefly, and then take them back down. Each time they would go back into trance, they would go deeper. You can use this same technique with these patterns. For our purposes, we can think of "speaking hypnotically" as telling stories in "nested loop" or "broken loop" style. Start one, get just to the climax, and then start another one. Do this for a few stories, and then speak normally. Talk about normal things in normal order. Then switch back to speaking in loops.

Typical Structure

This would be a typical conversation structure that you could easily fit into a thirty minute conversation. You start by creating rapport if you are meeting somebody for the first time. Start by talking about easy to talk about things. Don't talk about yourself, don't talk about her. Only talk about the things around you. The bar, the music, the weather. The things, the topic of the conversation, you speak about during the first few minutes of a conversation are absolutely irrelevant. The whole purpose is to build up a feeling of comfort (rapport) with one another. Match her body language if you can, and watch hers if you can. Once you've got some decent back and forth conversation, you can start with the structures. How do you know if you've got some decent back and forth conversation? If you are asking simple questions, and she's giving you decent answers (as opposed to one word answers) and facing you at least fifty percent of the time. Then tell one of these structures, all the way through. Ideally you'll find a "jumping off point" where you can go from the rapport-building conversation to the structures. Meaning the transition won't seem strange or forced. The ideal conversation would go something like this.

Rapport Building 5-10 Minutes
First Structure 5 Minutes
Normal Conversation 5-10 Minutes
Second Structure 5 Minutes
Normal Conversation 5-10 Minutes
Third Structure 5 Minutes
Close

How to Close

This is completely dependent on you, her, where you are, and how comfortable you feel, and most importantly, the response you are getting from her. The third structure should have commands that will give you a good idea. Meaning you can say things like "go home with me," or "follow me," etc., within the fourth stories for the third structure. For the first two structures, you don't need to worry about paying close attention. But by the time you get to the third structure, be sure to pay attention to how she responds to your commands in the fourth story of the third structure. If she's looking directly at you for extended periods of time, and slightly nodding, then that's about as a green a light as you are going to get. On the other hand, if she seems disinterested and her eyes keep wandering, it may be time to politely excuse yourself and find somebody else to talk to.

Test with Kino

Anytime during your storytelling, you can test with kino. Meaning you simply lean over, and touch her on the shoulder or upper arm. If she doesn't recoil in horror, that's a green light. If you get a positive response from kino, (you'll know it when you see it!) and she's looking at you openly when you deliver the embedded commands, it's time to close. Get her number, take her somewhere else, or take her back to your place. Completely up to you. Do whatever you are comfortable with that you feel is most appropriate for the situation.

What If I Run Out of Stories?

After you commit a few of these to memory, it will be pretty easy to start creating your own. The structure is fairly simple. Stories one and two are really just "warm up stories" and don't really need to be on any theme, so long as they are somewhat related to human communication, new experiences, exploring, anything like that. Story three can be seen as the introduction to story four, which contains the main commands and techniques. The general structure is that story four can be anything, completely made up, since it's not really happening to you. It's either told to you by a character in story three, or it's told from one character to another, or (as in many of these cases) it's even a famous romance story. Think of stories one and two as "softeners" to get her conscious critic out of the way, story three as a setup to story four, and story four as the main driver of her emotions.

Any Order Is Fine

You don't necessarily need to use the exact structure listed here. So long as you have one or two buffer stories, a set up story (story three), and a delivery story (story four), you'll be fine. Once you get some experience with these, you can start off with a couple of buffer stories, and then alternate with setup and delivery stories (three and four in this case) as long as you want. The more you do this, (go back and forth between type three and type four stories) the more you'll leverage fractionation. If you are using these within an existing relationship, you can lie in bed next to her and tell her these stories for hours. You'll find they have a fantastic strengthening effect on a relationship.

How To Practice

If this is your first time reading through this, you may be thinking something like, "Yeah, there's NO WAY I'm going to remember all that stuff!" This is actually good news. If it were really simple to memorize one or two lines and have them be effective on most women, imagine the state of affairs that would produce! All guys would be able to memorize those two or three "magic patterns" and there would be no girls available! Luckily, it's **not** so easy, and luckily, it **will** take some effort to learn these structures enough so you can use them effectively. The easiest way would be to break them down into the smallest chunks, the way they are listed before each set of stories is written out. Each structure has four stories of five scenes each, equaling twenty scenes per story. Here is a recommended way to get fluent with these as quickly as possible.

Step One

The first step would be to take any one set of stories, and write out the scenes on individual flash cards. Then go through the flash cards until you can briefly describe each scene. All you'll need to do is just say one short sentence to describe the scene, much like they are written above the set of stories themselves.

Step Two

Once you can repeat the bare-bones scene descriptions, start to actually tell the stories. Don't worry about saying them word for word, just go through and spend a few seconds on each scene, saying three or four sentences. Continue with this step until you can tell all twenty scenes without needing to pause to remember. Make sure your transitions are smooth. At this point, don't worry about any of the technology (embedded commands, pausing, gestures, etc.).

Step Three

Slowly add in the technology as you get more and more comfortable. Once you get a feel for each (embedded commands, pausing, right and left gestures, self-point) just keep at it until you feel comfortable. Work on one at a time. For example, go through telling the stories and only use pauses. Once you can go

through the stories a few times with pauses, add in the right and left spatial anchors. Once you've got those down, start to add in the self-pointing. Once you've got that down, you can start to add in the embedded commands.

Step Four

Once you've got a full set of stories down with all the technology, you're ready to go. Where do you practice? On whom do you practice? Anybody and everybody!

Friends - Guys Only

Whenever you're talking to your friends, hanging out, doing whatever, this is the perfect time to practice this. Look for any opening, where the subject of conversation can naturally lead you into using these patterns. What if you're hanging out with a bunch of guys? You don't need to use any of the self-pointing or the embedded commands. Practicing with your friends is a great way to prove to yourself just now "trancey" these broken stories are. If you only use the nested stories and the pauses, you'll soon see how easy it is to quickly and covertly take control of everybody's consciousness in any group setting.

Friends - Mixed

This is when it becomes fun. If there are a couple of girls in your group, just start telling the stories whenever you have a chance. When it comes time to use the embedded commands, or when you are using a self-point (SP) and you aren't sure who to look at, just spread the love around! Think of it this way. You'll be creating a certain amount of desire in each of the females in the group. Once you're done talking, you can then use whatever other technology you're comfortable with to "test" to see who is the most attracted to you and proceed accordingly. You may say something innocent like, "Who's up for some ice cream?" And make sure you've got all females in focus. Whoever is most interested in you will answer the quickest or agree the most readily.

Dates

If you have any chance to speak to a female one on one, use these structures. Friends, coworkers, anybody that is in a position to listen to you for more than a minute. If you live in a big city, chances are they have speed dating, or

something similar. Or just make a hobby to get any female off the Internet to meet you somewhere for a cup of coffee. Even if you're not attracted to her, or she's not your type, you can use that opportunity as practice. One big mistake would be to memorize these patterns, be able to use them perfectly in front of a mirror, but then only actually use them when you are with a woman you are deeply attracted to. Ideally, you want to use this as often as possible, whenever you possibly can, so they feel normal. That way, when you see a woman you're attracted to, you won't feel like you are doing anything differently than your normally do. For this reason, find as many opportunities to sit down with any women you can in a one on one situation. If you're really brave, make up an online profile on any dating site and just say you need practice partners for hypnotically seductive language patterns. You might be surprised what you find.

Open Mic Night

These are perfect for any kind of open mic night, especially if you've got then down fairly tightly. People generally will be expecting a memorized speech or set of stories of some kind, and these are perfect for this. You'll also notice that this is the very structure used by the world's most famous comedians, so these will fit right in.

Toastmasters

This should be a must for anybody learning any kind of language patterns. One is because people are usually very friendly, and will rarely, if ever, give you any negative feedback. Two is that the people who go to Toastmasters are trying to build confidence through public speaking. It's expected that you'll be nervous, be relying in index cars, and give speeches that aren't all that exciting. Toastmasters is therefore the ideal place if you are still in the index card stage. If you've got twenty index cards, each with a scene description, you can practice telling these goofy stories with more and more fluency.

In the Car

Whenever you are driving anywhere, turn off the radio! This is the perfect time to practice these structures. Don't worry if you'll look funny, everybody will think you're on the phone!

On the Phone

The phone is another great place to use these. While you won't be able to use spatial anchors or self-pointing, you'll definitely be able to use the embedded commands. If you are already in a relationship, (or happen to be in the friend zone) the phone is the **perfect place** to use these. In fact, the phone might be the perfect place to get right out of the friend zone and right where you want to be!

Final Words

Congratulations! You've made it to the end. But if you only have an intellectual understanding of the material in this guide, it won't get you very far. Mark Twain famously said the difference between somebody who can't read and somebody who can but doesn't is nothing. Meaning that knowing how to read, but choosing not to, makes you the same as somebody who is illiterate. If you are reading these words for the first time, you've come further than most people. Most people buy self-development tools and books (especially those on getting better with women) but never consume more than ten percent of the material. This means that just by reading these words you are already ahead of most chuckleheads out there who complain about the dating market but never really do anything about it. But if you stop now, you won't really be much different. Sure, it's cool to know that these structures exist. Sure, it's cool to know that if you did take the time to **learn these patterns** you'd have a lot more success. Most people get to this part, and when they realize the real work is just starting, they start to tell themselves some very commons stories.

Things like,

"Well, I don't really have time for dating, but now that I know I can learn how, I can get back to my normal life."

Or

"Well, I don't really want to have to use weird sounding language patterns to get a girl to like me. She should just like me for me!"

Or

"This is a joke! These techniques would never work anyway!"

All of these are ego protection mechanisms. Nobody likes to do anything differently. So when an opportunity like this comes along, most people will tell themselves any number of stories just to make sure they don't ever have to leave the safety of their comfort zone. And guess what? Those stories work, and they never do leave their comfort zone. And their lives never change. They never

make much more money, their dating lives never improve. (Yet they always seem to find time to complain about things on Internet message boards!) Don't be them!

Take It Slow

You don't have to run out today and talk to the most gorgeous girl you can find. Give yourself plenty of time. Take one set of stories, and write them out. Then take some time to practice. Follow some of the practice suggestions from the previous chapter. Go as slow as you possibly can while still moving forward. Get to the point where you can tell just a bunch of broken stories to a group of dudes. When you see the blank expressions on their faces as they wonder what the heck you are talking about, then you'll feel how powerfully these work. Just keep going.

Enormous Rewards

When you become skilled enough to use a couple of these structures on a woman, and enjoy the results, you will have learned a powerful skill few people know exist. Just by taking the next year to memorize just the twenty one structures in this book, you can create an unlimited series of relationships. However many or few you want. But then you'll discover something. Once you've learned the ability to talk a woman into feeling wonderful feeling of romantic and sexual desire, nothing else will seem difficult. For most normal men (who aren't sociopaths) talking confidently to attractive woman, and talking to them in a way that will make them sexually interested in you, is the most terrifying thing any man can do. Once you conquer this obstacle, nothing will even compare. Job interviews will be a snap. Sales will be incredibly easy. If you can talk a woman into bed within an hour of meeting her, you can sell anything to anybody and easily earn a six figure income.

All's Fair in Love And War

This has been true since the dawn of time, and will be true as long as we humans walk the Earth. There are precious few truly gorgeous woman around today, and all the millions of slobbering goofs would eagerly give their right testicle to get their undivided attention for a few minutes. Yet most have no clue how to even talk to them. You now have a set of skills that you can use to sweep her off her feet and right into your bed. These tools are incredibly powerful, but only if you

use them. These set of language structures could very well be the most important thing you ever learn. Once you use these a few times and get a feeling for how they are put together, you can start to create your own for your own purposes. When you can do that, the world will be yours. You will have created a persuasive set of language skills that few can resist. Money, financial security, romance, emotional fulfillment will be within reach. Take your time and learn these skills. When you do, the world will become yours.

Free Mind Programming

If you'd like to rapidly accelerate your comfort and confidence with these patterns, please leave a review on Amazon. Send a link to the review to support@mindpersuasion.com , and in return you'll receive 25, ten-minute, powerful subliminal programming sessions designed to significantly increase your seduction confidence. Combine the story structures in this guide with the confidence inducing MP3 sessions and become an unstoppable seducer of gorgeous women.

For further study on other topics, please visit:

https://mindpersuasion.com/tools/

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Emotional Freedom

Mental Alchemy

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Fearless

Interpersonal Resonance